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September 2019
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Middle East

Meal times made easy

**Tasty suppers for
the whole family**

- + Buttery pea & leek tart
- + Caramelised onion & thyme sausage rolls
- + Sriracha-glazed chicken burgers

***Easiest
EVER
midweek
meals***

**Host
afternoon
tea at home**

Back to school

- HOW TO PACK A LUNCHBOX
- SMART SNACKS
- NO COOK AFTER-SCHOOL DINNERS
- MEAT-FREE FAMILY MEALS

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Welcome to September!

In this month's 'back to school' issue, our attention focuses on child-friendly recipes, and refreshing ways to make packed lunches exciting, tasty and nutritious. There's a selection of great, easy-to-make dishes inside from page 31 onwards – these recipes, from a big-batch soup to a veg-packed wrap, make equally good lunches and dinners for kids, and they're also kind to your bank balance.

For families practicing or transitioning to the flexitarian lifestyle, flip to page 70 for our family-friendly meat-free meals. Whether you're vegetarian or simply want to eat less meat, these recipes are packed full of goodness and are designed to suit both kids and grown-ups.

Research shows that children who are educated about food and who are involved in the meal prep process, are far more likely to take interest in the produce they put into their bodies. So, why not start early and invite your kids to help prepare their lunchbox for school using recipes inside this issue, or create a fun cooking challenge for them over the weekend with our entry-level, patisserie-style afternoon tea menu – they'll enjoy making it as much as they do eating it.

As routines restore this month, transport your mind to making new holiday plans with inspiration from our Gourmet Lifestyle pages. This month, we discover Cuba on a budget – fresh lobster, perfectly grilled steak and piña colodas included. Plus, we journey to Phuket, Thailand to experience the area's newest wellness resort, where food is at the forefront.

Sit back – with a hazelnut & chocolate cookie sandwich from page 64 – and digest this delicious issue while planning your next foodie adventure!

Good luck with the lunchboxes,



Sophie
Editor

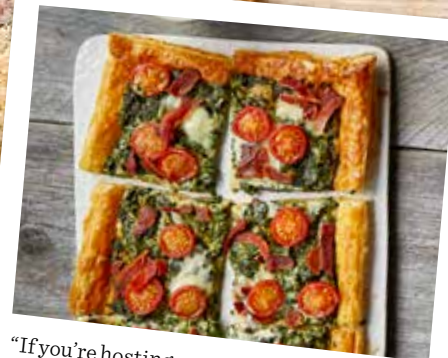
WHAT WE'RE LOVING!



"These no-cook veggie fajitas pack a lot of flavour and are so easy to prepare on a school night," says sales executive, Liz.



Online editor, Glesni says: "In the midst of all the back to school madness, don't forget to pack yourself a healthy lunch. This prawn & grain poke bowl is a delicious option!"



"If you're hosting a get-together anytime soon, don't miss the spinach, bacon & Roquefort tart recipe – it's a real crowd-pleaser", says designer Froilan.



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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

gf star letter



Wonderful article about butter in the August issue. This made me regret not doing a butter day when in France last week; how amazing is the humble jambon beurre? Why do so many restaurants in Dubai still churn out (pun intended) those plastic packets of butter when they could be making some silky, creamy French-style butter? Folly by Nick and Scott do it well and I cannot wait to try the date flavoured recipe. Adam Handling in London does the BEST butter ever; chicken butter that actually tastes like a roast dinner.

Matthew Broderick

WIN!

The winner of the 'star letter' this month will receive an **XL Lotus Smokeless Grill along with a 2.5kg bag of coal from TAVOLA, WORTH DHS766!** This smokeless BBQ grill is roomy enough for you to grill for a big group of 10 at once. With its classic grey colour, the LotusGrill XL will add a touch of nostalgia to your barbecue scenes. Visit tavolashop.com



Thank you for the article about Jose Avillez and his new restaurant Tasca at Mandarin Jumeirah, Dubai. I am Portuguese, living in Dubai and had no idea about the story behind the restaurant and why Jose decided to launch here in the UAE. I'm not very curious to go there and try the food. Thanks for the tip.

Claudia Rodrigues



The August magazine beautifully added to the loveliness of the summer season. The cherry crumble cake was a splendid and yummy dessert recipe, and when I prepared it for my parents and kids, they absolutely loved every bite! My wife really loved the new potato and green bean salad, and she even shared the recipe with her friend group! Thank you, BBC Good Food ME.

Hamza Eltinay



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: [f](https://www.facebook.com/bbcgoodfoodme) [t](https://www.instagram.com/bbcgoodfoodme) [You Tube](https://www.youtube.com/bbcgoodfoodme) [p](https://www.pinterest.com/bbcgoodfoodme) @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

Live to Eat




Italy - a gastronome's delight where food almost always takes the centre stage.

And in true Italian fashion, Rosso presents a new menu. Think hearty pizzas and freshly made pasta alongside tantalising seafood and meat presented as starters and main courses as well as numerous choices off the menu for the vegetarian palate too.

This September, experience a menu that draws inspiration from the Amalfi coast best known for lemons and rich seafood that come together to create a bust of aromas, colours and flavours.



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Jumeirah Beach – Dubai

NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



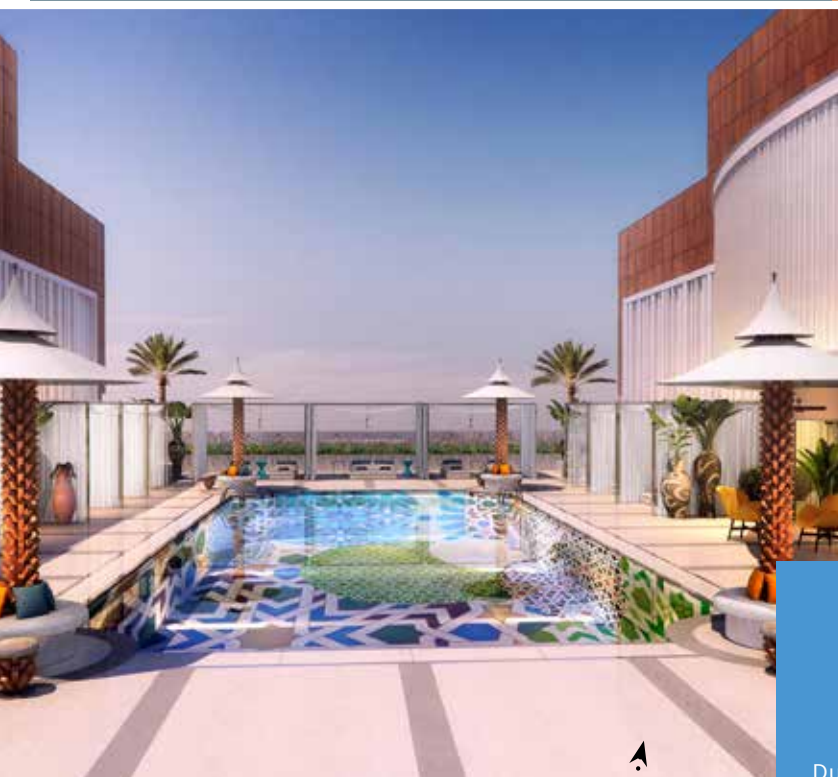
BACK TO SCHOOL COOKING CLASS AT MIELE

To help parents master the skill of creating back to school lunchboxes, home décor e-commerce platform, Maiolica has joined forces with kitchen appliance manufacturer, Miele to host a culinary masterclass on September 4 from 5pm at Miele's Experience Center on Sheikh Zayed Road, Dubai.

The back to school-inspired culinary session will cost Dhs100 per person to attend and will be led by Miele's In-House Chef, Chef Francesca Busso, followed by a table styling session with home décor expert and Maiolica Co-Founder, Arianna Posenato.

The class is ideal for parents who are wanting to discover new ways to get their kids to eat healthier school lunches. The masterclass will focus on teaching attendees how to prepare a range of healthy back-to-school snacks and recipes that both kids and parents can enjoy.

To register, e-mail francesca.busso@miele.com.



Andaz Dubai The Palm to open this winter with 5 new restaurants

Dubai's first Andaz branded hotel, Andaz Dubai The Palm is set to open doors on December 1, 2019 and will bring with it five new dining outlets.

The luxury boutique lifestyle hotel and residences rests on a 300m private beach, within walking distance of the upcoming Nakheel Shopping Mall. Located on the right trunk of the shoreline, the two 15-story towers will house 217 guest rooms and 116 designer residences.

Boasting five new restaurants, the hotel will house a range of cuisines. Starting with The Locale, a neighbourhood eatery that will be the property's central restaurant that brings together culinary stories from around the city – think the oldest kebab house to Jumeirah's favourite fish shack. The place to find contemporarily crafted Japanese cuisine peppered with an international touch is Hanami, while the Andaz Lounge will provide an 'anti office' space for guests. Knox, an underground urban speakeasy bar will appeal to bon vivants and city socialites, serving up a heady mix of contemporary mixology in a concrete space with vintage rugs and vibrant furniture.

For bookings or more information on Andaz Dubai The Palm, visit andazdubaithepalm.com.

THE BEST BITES

VOX CINEMAS OPENS LICENSED MOVIE AND DINING VENUE AT KEMPINSKI HOTEL MALL OF THE EMIRATES



Ever wanted a cinema all to yourself and your friends, where chefs create dining experiences tailored to your requirements? Look no further than the newly-opened VOX Cinemas at Kempinski Hotel Mall of the Emirates. A first-of-its-kind in a hotel, the private screening room along with a lavish private lounge, takes movie watching to a new level of personalisation.

The private cinema consists of two areas – a screening room equipped with VOX Cinemas' audio-visual technology and fifteen plush seats, and a lounge area featuring a bar and dining area. Waiter service is part of the experience and guests can choose from a premium food and beverage menu with dishes and drinks prepared to order throughout their four-hour stay in the cinema.

The private cinema can be personalised to every guest. Enjoy bites like mezze platters, French cheese selections, burgers, grilled meats and seafood, and fresh salads as well as a range of desserts. The beverage menu includes a range of blended cocktails and mocktails, as well as grapes, bubbly and soft drinks.

A package at VOX Cinemas @ Kempinski, which includes complimentary soft drinks and popcorn, starts from Dhs3,000 for up to 15 people. Additional food and beverage packages are also available as add-on options. Call +971551673908, email kempinski.privatescreen@maf.co.ae or visit voxcinemas.com.



Dhs30 off lunchbox shopping with NRTC

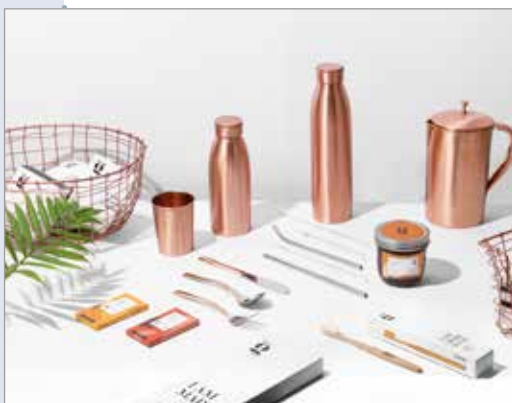
Online food delivery platform, NRTC Fresh Fruits and Vegetables is offering all new and existing customers Dhs30 worth of shop credit to start back to school grocery shopping until the end of September

NRTC Fresh, the homegrown fruit and vegetable e-commerce site offers a variety of pre-cut and pre-packed fresh fruits and vegetables to help busy parents give their kids a healthy and balanced lunchbox for school. Starting from as low as Dhs3 per pack of vegetables and Dhs5 per pack of fruits, these pre-cut and pre-packed items include a wide variety of fresh vegetables and fruits such as carrots, apples, watermelons, pineapples, lettuce and more.

All fruits and vegetables are ethically sourced with no hormone additives or artificial preservatives, and are delivered to your front door. The platform also promises same-day delivery for orders placed before 2pm and free delivery for orders valued over Dhs80.

To get your free Dhs30 shop credit, visit nrtcfresh.com and sign up.

CONSCIOUS LIVING BRAND THE GOODNESS COMPANY LAUNCHES IN DUBAI



The Goodness Company has debuted in Dubai with its retail stores at Dar Wasl Mall Jumeriah and House of Fraser. Founded with a deeply rooted philosophy to unite soulful products with people who are passionate about leading a sustainable, natural and wholesome lifestyle, The Goodness Company takes a stand against the disposable culture, with a strong emphasis on anti-throw-away products.

The Goodness Company offers stylish and sustainable items available both online and at its new retail locations. Items on offer include glass and steel straws, priced at Dhs25 per pack, bamboo toothbrushes (Dhs18 each) that are completely biodegradable, copper bottles, beaten copper bottle, pure copper tumblers and a copper jug from 'The Copper Collective', which offers alkalizing properties and is ethically sourced.

There's also a range of chocolates in store that are made using no palm oil, which is a huge factor in deforestation. Products also include no added sugar, all-natural ingredients, vegan options, organic bars, spreads and protein disks for the health conscious who don't want to compromise taste and their health beliefs but still want to indulge. Visit the-goodnesscompany.com.

Flavours of the *month*

Here is what's hot and happening
around town this month.

New on the block

👉 **Seafood Market, Le Méridien Hotel & Conference Centre**

Known for delivering sea-to-table dining experiences, Seafood Market has reopened doors after a 360-degree facelift, inspired by elements of the beach. Decked with cruise-liner style circular windows and tall wooden lamp posts, the interiors of the newly refurbished Seafood Market bring to mind the feeling of walking down the harbour. Here, diners can have their fish grilled on a Masgouf grill. This grill native to the Arab world, has horizontal skewers to slowly grill fish over wood-fire. Live seafood, including king crabs from Norway, snow crabs and mud crabs from Oman, Australia and New Zealand are also offered. The menu is now expanded to include local hammour and many more regional varieties of seafood, crustaceans and fish to cater to all preferences. Call 04-7022455.

👉 **Meshico, The Pointe, Palm Jumeirah**

This summer welcomes Meshico, the latest contemporary restaurant and bar to make its mark at the waterfront destination, The Pointe. Meshico presents a celebration of Central Mexican culture and flavours through an elevated culinary journey. Inspired by the melting pot of the central regions of Mexico, Meshico will combine modern with tradition as it showcases the artistry of the dynamic province. With ingredients sourced from Mexico, diners can enjoy a range of crafted dishes from authentic duck Carnitas to traditional ceviches and the region's largest Agave menu to match. With an expansive space, each detail is specially commissioned to provide for a unique and authentic atmosphere; from glass piñata chandeliers to the 300 hanging hummingbird alebrijes, the space invites guests to experience the history of the charming traditions of Mexico. Call 04 5144512 or e-mail reservations@meshico.ae.

👉 **Mina's Kitchen, The Westin Mina Seyahi**

A new concept that pays homage to family tradition, Mina's Kitchen, has opened doors at The Westin Mina Seyahi in the space previously housed by Blue Orange. Boasting a new terrace complete with outdoor bar and shisha corner, Mina's Kitchen is set to be the go-to for alfresco dining. Moving inside, an array of live cooking stations set the scene, offering an array of worldwide cuisine which will be available for breakfast, lunch and dinner. From Chef Khamphun's family pad Thai recipe and Chef Danielle's Nonna's lasagna to a fiery rogan josh recipe treasured by Chef Sunil – diners can experience family traditions from all corners of the globe at Mina's Kitchen. Putting health first, Mina's Kitchen's '360 healthy' menu offers an array of healthy and nutritious options, such as sushi, poke bowls, Vietnamese spring rolls and create-you-own healthy salad, sandwich or wrap. Call 04-5117373.

Seafood Market, Le Méridien
Hotel & Conference Centre

Text by SOPHIE VOELZING / Photographs SUPPLIED

THREE NEW
BRUNCHES
TO TRY THIS
MONTH!



👉 **Blue Jade, The Ritz-Carlton, Dubai**

Blue Jade, the Southeast Asian and flagship restaurant at The Ritz-Carlton, Dubai, has introduced two new lunch offerings. First up, the 'Asian Flight' menu is a bento-style lunch serving regional specialties such as tuna tartare, tempura maki and Thai chicken curry. To finish, guests can savour traditional banana sago and sesame pumpkin cake. A selection of Asian cocktails and beverages will also be served. Available every weekday (except Mondays when Blue Jade is closed) from 12pm to 3pm, priced at Dhs98 per person for one starter, one soup and one main course. A la carte menu is also available with dishes starting from Dhs65 per person.

The Cantonese tradition of going to brunch over dim sum and Chinese Tea is brought to life at the recently introduced 'Yum Cha Luncheons'. The four-course set menu takes guests on a culinary trip to China. It begins with a healthy bite followed by a variety of steamed, pan fried and deep-fried dim sum and ends with authentic desserts like sticky rice balls in red bean sauce. Taking place every Saturday from 12pm to 5pm, the luncheon is priced at Dhs150 per person inclusive of unlimited dim sum and Chinese Tea. A la carte menu also available with dishes starting from Dhs65 per person. Call 04-3186150, e-mail dine.dubai@ritzcarlton.com or visit ritzcarlton.com/dubai.

👉 **Benihana, Amwaj Rotana, Jumeirah Beach Residence**



Benihana, well known for Teppanyaki, allows guest to choose from a menu of fresh seafood, chicken, steaks and garden vegetables that is prepared by the skilled chefs as they perform at the Teppanyaki table. Foodies are in for a treat every week with themed

nights such as the Hiro night, every Tuesday from 6pm to 10.30pm. Guests can enjoy a spread of sushi, maki, sashimi, tempura, main courses and desserts served buffet and a la carte style from Dhs229 all-inclusive. Every Saturday, from 12.30pm to 3.30pm, guests can try out the special Teppanyaki lunch offer and enjoy a one-hour session of live cooking dining experience including starters, main course and desserts for only Dhs169 inclusive of soft drinks. If you can't make it for lunch, every Sunday from 6pm to 11.30pm, you can enjoy the Teppanyaki offer for dinner.

This September, Benihana will be hosting a Samurai Matsuri promotion every evening from 6pm to 11pm. Guests can have a taste of dishes based on the Izakaya style food that is served in bars and restaurants all over Japan. The dishes are flavourful, easy to eat and can be consumed in groups or individual portions. Call 04-4282000 or e-mail fb.amwaj@rotana.com.



👉 **Portuguese Brunch at Tasca, Mandarin Oriental Jumeira**

Dubai's first Portuguese brunch has launched at Tasca by chef José Avillez. While relaxing with uninterrupted ocean views and soothing tunes playing, the scene is said to transport you to a secluded corner of the Algarve on a Friday afternoon. The brunch offers an extensive tasting menu, with made-to-order dishes

continuously brought to your table to be sampled and shared. Guests can look forward to feasting on an array of Portuguese favourites including a variety of seafood, grilled meats and desserts. All dishes are served with imaginative flair and accompanied by a fruity sangria and a collection of signature drinks. Guaranteeing a chic afternoon with a vivacious atmosphere and delicious Portuguese staples, Tasca's brunch takes place every Friday from 12.30pm – 4pm and is priced at Dhs300 with soft drinks and Dhs400 with house beverages. Call 04-7772231.

👉 **Late Brunch Thursdays at GBR, Dukes The Palm**



Get the weekend started early with Great British Restaurant's (GBR) all-new, upbeat Late Brunch that combines a sumptuous international buffet, live band, and an open terrace overlooking scenic views. GBR celebrates classic British cuisine, serving everything from traditional hearty roasts with all the trimmings to

divine dark chocolate fondant, and everything in between. GBR is stylish yet understated with a brasserie style feel and a glamorous evening buzz. The dining space is constructed around the bar, which stands in the centre of the restaurant and boasts a dramatic double height ceiling with large floor-to-ceiling windows showcasing sea views. The open plan, spacious design lends itself well to special celebrations and group dining, creating privacy amid the restaurant's trademark British buzz. The late brunch is available every Thursday from 6.30pm to 10pm, with packages starting from Dhs298 with soft beverages, Dhs350 for house beverages, and Dhs420 for premium beverages. Call 04-4551101 or e-mail dining.dubai@dukeshotel.com.

👉 **The City Brunch at Hilton Dubai Al Habtoor City**



For a firm family-favourite brunch, try The City Brunch at Hilton Dubai Al Habtoor City. A large supervised play area with plenty of activities like face painting, a movie corner and even kids cooking classes will keep the little guests entertained for hours. In the meantime, parents can indulge in a wide range of dishes, served from more than 15

different food stations. Be it six different cuts of steak, 40 different types of desserts or even the generous spread of vegan dishes. Taking place every Friday from 1pm to 4.30pm, prices start at Dhs300 with soft beverages, and children between 5 and 12 pay Dhs150. Children below 5 eat for free. Call 04-4355577 or e-mail dining@hiltondubaihabtoorcity.com.



F I V E

JUMEIRAH VILLAGE DUBAI

Stay-cay Goals

STARTING FROM AED650



Penthouse living



Two facials



Half board & drinks

eat out

abu dhabi

Dining deals and happenings in the capital this month.



LASAGNA FESTIVAL AT VILLA TOSCANA, THE ST. REGIS ABU DHABI

Villa Toscana's design, inspired by a Tuscan villa, creates the feel of visiting the home of an Italian noble at his

summer residence where family and friends meet, welcomed by the chef-patron.

From Thursday 26th September to Thursday 10th October 2019, the restaurant brings back its festival dedicated to a variety of different homemade lasagnas. From freshly made pasta to mouth-watering melted cheese, the comfort food will be available to taste with different flavours and unlimited servings for a truly Italian festival of indulgence – with set menus available at Dhs150 per person.

The food complements the design bridging tradition and elegance. Serving hand-crafted, regional Italian specialties from Tuscany, Umbria, and Emilia-Romagna, the menu is composed to orchestrate specialties of these areas. Special imports of cheese, prosciutto, cold cuts, and salamis emphasize the quality level of the restaurant. The menu has evolved year on year and with the seasons. This enables Culinary Chef Rosario Martorana to utilize produce on its seasonal peak ensuring the dishes develop and preserve the utmost aroma and bring flavour to their palatable peak. For reservations and more information, e-mail restaurants.abudhabi@stregis.com or call 02-6944553.



CELEBRATE 25 YEARS OF TRADER VIC'S AT BEACH ROTANA ABU DHABI

Trader Vic's Abu Dhabi, the first Trader Vic's in the region, is turning 25 and is having a celebration on

September 7, 2019. Guests are invited to embark on an exotic journey to the islands of French-Polynesia with Trader Vic's extrinsic beverages and fusion dishes created by its specialty outlet chef for 25 years, Jimmy Sek.

To mark this milestone, Trader Vic's will celebrate by offering 25% off the total bill throughout the night as well as 25% off the total bill for September birthdays, valid throughout the month. Patrons joining the celebrations will have a nice surprise every 25th minute of the hour, starting from 9.25 pm, from free rounds of drinks and bites to share. Call 02-6979011.



MAZI TO OPEN DOORS AT THE ST. REGIS SAADIYAT ISLAND RESORT

MAZI, which means 'together' in Greek, is set to open at The St. Regis Saadiyat Island Resort this month, representing the newest and first branch of MAZI to launch outside of London. Serving authentic Greek flavours with an innovative twist, MAZI's recipes rely on classic techniques and contemporary presentation to achieve the best results in addition to the use of the finest, fresh ingredients – some sourced directly from Greece.

"Our vision is to show the world how innovative, refined and creative Greek food can be. We derive our inspiration from childhood memories and the Mediterranean table, and we reinterpret them with a contemporary twist," says Christina Mouratoglou, co-owner of MAZI.

"The idea is to revive Greece's sharing culinary tradition in what we like to call a 'fine-casual' atmosphere. Our guests can expect to find a fun place to enjoy some great food combined with the intimate service of a fine-dining restaurant."

The design of the new restaurant takes a modern approach to the rustic architecture and décor of Greek towns. It is home to a luxurious interior replete with carefully chosen elements like a traditional fishing boat at the entrance and door handles made of olive branches as well as a terrace that features tables sparsely distributed within a garden of olive trees. The venue also features a cozy bar area – ideal for sundowners. For reservations, call +971 2 498 8888.



APPALOOSA, MARRIOTT HOTEL AL FORSAN LAUNCHES NEW BRUNCH

Kick-starting on Friday, September 6, Marriott Hotel Al Forsan will officially launch its all-new B.Y.O.F. Brunch

concept at Appaloosa sports bar. The 'Bring Your Own Friends' brunch offers a playful interpretation to routine brunches, with a focus falling upon group bookings. Priced at Dhs249 per person, brunch runs from 1pm until 5pm and features unlimited sharing platters of American pub grub and a free flow of premium house beverages. The price for the Friday brunch drops to Dhs222 per person when attending as a group of 10 or more.

The B.Y.O.F brunch will feature live entertainment throughout the day by a local band, plus grown-up games will ensure a fun atmosphere. Call 02-2014131.

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MAKES ALL THE
DIFFERENCE.**

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302**

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For specialty coffee, delicious baked goods, sandwiches, creative salads and healthy vegan creations, there's no better place than Café 302. Join us for some delightful meals and memorable conversations.

We are nominated for Café and Breakfast Restaurant of the year in the BBC Good Food Middle East Magazine Awards! Voting is now open at bbcgoodfoodme.com/awards

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Abu Dhabi



SKYLAND

Situated on the 31st floor of the *Stella Di Mare Hotel*, *Skyland* is one of the few rooftop bars offering unparalleled 360-degree views of the Dubai Marina. All-round glass walls protect from the vagaries of the weather, while providing stunning views of the city skyline all year round.

In addition to its signature drinks, *Skyland* is sure to whet the appetite with mouth-watering dishes, fresh sushi and unlimited gourmet bites. With DJs on the decks playing jams long into the night, *Skyland* is the ideal place to enjoy sundowners, dancing, partying or wherever the mood takes you.

Tried & tasted

Each month, we review one of the city's top tables.

Reviewed by **Glesni Holland**

Where?

**ANDIAMO,
GRAND HYATT DUBAI**

Dining experience:

Lunch
What's it like? Boasting authentic Italian touches from the get-go, with its classic Vespa parked outside and vibrant cityscape artworks on the walls, Andiamo is a large, open-plan eatery at Grand Hyatt Dubai, serving up Mediterranean favourites in an unpretentious, laid-back setting. It's summertime when we visit, but that doesn't stop us from taking a seat on the spacious terrace, which is encased in an air-conditioned tent during the warmer months. The leafy exteriors and wooden patio furnishings give a real al-fresco dining feel to our lunchtime outing. Inside, in true Italian fashion, diners have full view of Andiamo's culinary team at work in the open kitchen.

What were the food highlights?

A quick glance at Andiamo's menu demonstrates that there is more to this Italian eatery than simply pizza and pasta. It lists just three starters, but has numerous main course options ranging from salads, risottos, meat and fish dishes. Having said that, our waitress recommends that we share a Charcuterie board to start, which isn't actually listed on the menu, so don't be afraid to ask if there are any chef specials on the day of your visit. The board serves up generous helpings of cold cuts, Italian cheeses, fresh bread, olives, artichokes and bitesize chunks of delicious bruschetta.

If you're a gnocchi fan, don't miss the Salsiccia Di Maiale for your main course. Light, fluffy pillows of potato



are served in a rich, creamy cheese sauce with shredded sausage meat. Top it with plenty of black pepper and its comfort food at its best. Others on our table try the Datterino pasta dish and the Il Giardino Di Elio salad (probably the most sensible option for a lunch outing!)

But where Andiamo lacks with its starter selection, it certainly makes up for with its desserts - there are plenty of dishes to choose from! The Italians are known for their flair when it comes to crafting delicious sweets, and the ricotta-filled cannoli doesn't disappoint. Velvety, sweetened cheese topped with candied fruit, encased in four crispy shells and served with crushed pistachios and a side of



pistachio ice cream - it's every inch of indulgence I'd hoped for. The tiramisu also comes highly recommended, and the portion is the perfect size for sharing.

The bottom line: A great spot for reasonably priced, decadent Italian food in an unpretentious and authentic setting.

Want to go? For reservations, call 04 317 2222.

COME CLOSER TO AN ITALIAN CLASSIC

Healthy Pasta Lunchbox Ideas That Your Kids Will Love

Most parents will agree that coming up with healthy lunchbox ideas that kids will actually eat can be a big challenge. So to give you some inspiration, Waitrose & Partners invites you to come closer to a pantry staple that is not only easy to prepare but also delicious served cold and therefore the ideal lunchbox filler – essential Waitrose penne. Get creative with their favourite ingredients or keep it super simple, kids will love this classic, easy-to-eat Italian pasta.

Discover Waitrose & Partners. For quality, freshness & flavour.

#whyitsworthit

TRY AT HOME

Four make-ahead pasta salad lunch box recipes that are quick and easy to throw together, and oh so tasty:



GREEK-STYLE PASTA SALAD

Delicious served hot or cold

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Serves: 4

- 300g essential Waitrose penne
- 1 small red onion, sliced
- ½ x 25g pack fresh basil, leaves shredded
- 3tbsp Waitrose Kalamata Olive & Anchovy Tapenade
- 1tbsp olive oil
- 50g Waitrose pine nut kernels
- 100g Feta cheese, cubed
- 1 cucumber, cubed

Method

1. Cook the pasta according to pack instructions. Drain and

toss with the tapenade and olive oil.

2. While the pasta is cooking dry-fry the pine nuts for 1–2 minutes until golden. Add to the pasta with the feta cheese, cucumber, red onion and shredded basil. Season to taste and serve hot or cold.

Cooks tip

Add grilled chicken or fish for a more substantial meal.

PASTA SALAD WITH ROASTED TOMATOES AND SWEET PEPPER DRESSING

Bursting with flavour, a portion of this delicious salad also provides 2 of your 5 a day!

Preparation time: 15 minutes, plus cooling

Cooking time: 45 minutes

Serves 4



- 400g essential Waitrose Penne
- 400g cherry tomatoes, halved, at room temperature
- 2 packs Waitrose Romano peppers
- 1tbsp sherry vinegar
- 2 cloves garlic, roughly chopped
- 3tbsp extra virgin olive oil
- 1tsp Demerara sugar
- Juice 1 lemon
- 200g mixed pitted olives (such as Waitrose Greek Mixed Olives), roughly chopped
- 25g pack fresh chives, roughly chopped
- 25g pack fresh basil, leaves roughly torn
- 70g pack rocket, roughly chopped

Method

1. Preheat the oven to 150°C, gas mark 2. Place the cherry tomatoes in a roasting tin and cook in the oven for 45 minutes, until slightly caramelised.
2. Preheat the grill to high. Place the whole peppers into the grill pan and cook for 10 minutes, turning frequently, until blackened and charred (you could also do this on a barbecue, if you wish). Remove from the heat, place in a bowl and cover until cool enough to handle. Carefully rub off most of the blackened skin, then slit the peppers open with a knife and remove the seeds and stalk.
3. Place the pepper flesh in a small food processor with the vinegar, garlic, olive oil, sugar and lemon juice.

DID YOU KNOW?

Essential Waitrose penne pasta is made in the village of Fara San Martino, in the Abruzzo region of Italy, from 100% Italian Durum wheat and water from the local mountain spring.

4. Blitz until smooth, season and set aside.
5. Cook the pasta in a large pan of lightly salted boiling water for 10 minutes or until al dente.
6. Drain well and toss in a large bowl with the dressing until coated then leave to cool to room temperature.
7. Mix in the olives, herbs, rocket and roasted tomatoes, then serve.

GARDEN PEA PASTA SALAD

Cooking time: 15 minutes
Serves: 4



- 300g essential Waitrose Penne
- 2 x 155g pack fresh Waitrose Garden Peas (or 150g frozen)
- 6 sprigs of mint, leaves only
- Juice of 2 lemons
- 150g essential Waitrose Greek Light Salad Cheese, crumbled

Method

1. Cook the pasta in boiling water per pack instructions

then drain and return to the pan.

2. Meanwhile, boil the peas for 2-3 minutes and drain. Place half the peas in a small food processor with the mint and lemon juice, and purée. Stir into the pasta with the remaining whole peas and cheese, and season to taste.

PUTTANESCA PASTA SALAD

Preparation time: 15 minutes
Cooking time: 10 minutes
Total time: 25 minutes
Serves: 4



- 300g essential Waitrose Penne
- 250g cherry tomatoes, quartered
- 1 clove garlic, thinly sliced
- Grated zest 1 lemon
- 75g pitted black olives (such as essential Waitrose pitted black olives)
- 2 tbsp Waitrose Cooks' Ingredients nonpareille capers, drained and rinsed
- 1 tbsp Waitrose Cooks' Ingredients Umami Paste
- 1 tbsp extra virgin olive oil
- 200g can essential Waitrose Tuna Steak in Olive Oil, drained
- 140g bag wild rocket

Method

1. Cook the penne in boiling salted water for 10 minutes, until just tender. Put the tomatoes, garlic, lemon zest, olives and capers in a large bowl and stir in the umami paste and olive oil.
2. Drain the pasta and refresh under cold running water. Stir into the tomato mixture to combine. Gently fold the tuna and rocket through the pasta salad and check and adjust the seasoning. Serve straight away.

LET'S TALK HEALTHY SNACKING

Quick and easy snack ideas to keep your little ones energised throughout the school day.

One of the most important features of a lunchbox is the snacks you tuck inside. Kids need a main meal for lunch but it's also important to ensure there are some tasty and healthy snacks at the ready to keep their energy levels high throughout the day. Stumped for ideas? Here, Waitrose & Partners shares some quick and easy snack ideas that you can rotate throughout the week.

SOMETHING SAVOURY



CHEDDAR, CHIVE & TURKEY HAM MUFFINS

These savoury muffins are great for picnics, casual garden parties or lunchboxes. You could even bake a variety with different fillings, such as grated courgette, sweet potato or olives.

Preparation time: 10 minutes
Cooking time: 25 minutes

Total time: 35 minutes
Makes: 12

- 100g essential Waitrose English mature grated cheddar
- 275g essential Waitrose white self-raising flour
- 1 tsp Waitrose Cooks' Ingredients Homebaking baking powder
- 1/2 tsp Waitrose Cooks' Ingredients bicarbonate of soda
- 1/2 tsp English mustard powder
- 50g turkey ham, chopped
- 2 tbsp chopped fresh chives

- 125ml milk
- 150ml essential Waitrose natural yogurt
- 1 medium Egg

Method:

1. Preheat the oven to 200°C, gas mark 6. Line a 12-hole muffin tin with paper cases.
2. In a large bowl, mix together the flour, baking powder, bicarbonate of soda, mustard powder, cheddar, ham and chives.

FOR THE SWEET TOOTH

APPLE FLAPJACKS

Total time: 40-45, plus cooling
Makes: 12

- 175g essential Waitrose Salted Butter, cut into pieces
- 150g golden syrup
- 2 eating apples e.g. essential Waitrose Cox Apples
- 1 tbsp Waitrose Cooks' Ingredients Ground Ginger
- 125g essential Waitrose Sultanas
- 250g essential Waitrose Porridge Oats

Method:

1. Preheat the oven to 180°C, gas mark 4
2. Line a 25x20cm tin with baking parchment, pushing the

paper into the corners and up the sides.

3. Put the butter and syrup in a medium saucepan and heat until the butter has melted. Peel the apples and grate the flesh directly into the pan, working around the core. Add the ginger, sultanas and oats and mix well.
4. Turn into the tin and pack down in an even layer with the back of a spoon. Bake for 30-35 minutes until golden. The flapjack will still be very soft. Leave to cool in the tin before cutting into squares.

QUICK SNACKS

Healthy snacks to have at-the-ready when there's no time.

- Carrots and essential Waitrose hummus
- Waitrose World Deli Sweet Potato Falafels
- Biscuits & cheese
- Waitrose 5 Seeds and Berry Bars
- Mini mozzarella balls with cherry tomatoes
- Mixed Dried Fruits – for example Waitrose Dried Mango

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HOW TO: *PACK A SCHOOL LUNCHBOX*

Kcal's Director of Nutrition, Lauren Jacobsen shares all the inspiration you'll need for creating tasty and nutritious back-to-school lunchboxes that your kids will love.

Interview: Sophie Voelzing

For parents creating back-to-school lunchboxes, what food groups should each packed lunch contain?

Lunches should contain a variety of healthy fresh foods including all macros – protein, carbs and healthy fats. It's important to provide a balance of all food groups – protein is necessary for growing muscles, whole carbs for lasting energy and good fats for brain development. Choose foods close to their natural state – fresh foods provide sources of vitamins, minerals and phytonutrients that are essential to a child's growth and development. Consider building lunches and meal plans from the following: carb sources such as vegetables, fruits, legumes, beans and whole grains; proteins such as fish, poultry, lean meat, eggs, cheese and yoghurt; and fats from nuts, nut butters, seeds, avocados, whole eggs and fatty fish.

How many drinks should parents be sending their children to school with, and what type of drinks?

The recommended liquid intake for children ranges from 1 to 2 liters per day depending on age, activity levels and their metabolism. It's important to choose beverages that are fresh and not processed. Water is best – zero calories, helps with digestion and keeps them hydrated in the Dubai heat. If water is just not that appealing to your little ones, mixing water with a bit of fresh fruit juice provides some flavour without all the calories and sugar. Infused water is also a good option – infusing water with cucumber slices, citrus slices, pomegranate, mint or even sliced strawberries provides a refreshing and light beverage. Also including water-filled foods in lunches can also help with hydration – veggie sticks and melon cubes for example.

Why should parents avoid packing highly-processed, sugary snacks and drinks in their children's lunchbox?

Processed foods do not provide any nutritional value. Highly processed sugary foods can send kids on a sugar high; this sugar high is short-lived and subsequently followed by a sugar crash and craving for more sugar. Every time sugar is eaten – the hormone insulin is released. Insulin picks up sugar in the blood stream and packages it for storage – muscles for short-term use or in fat for long-term use. If too much sugar is eaten, and your child is not getting enough activity the result will be more being stored than used!

Removing sugary snacks and replacing with more nutritionally dense foods will provide longer lasting energy, plus provide more of what they need as a growing child – vitamins, minerals, fiber and nutrients. Pay attention to what you buy – many 'so called' healthy foods and snack items contain added sugar. Be sure to read the label. Consider removing foods such as energy or granola bars, boxed cereals, juice boxes and even fruit bottom yoghurt. There are better alternatives.

Why is a good, nutritious breakfast an important start to a child's day, and what types of foods should children be eating at breakfast?

A nutritious breakfast helps ensure your child has enough energy to get their day

started. After a night of sleep – all the nutrients eaten during the previous day were used to help with recovery and repair of the body. Breakfast should include some protein and some carbs. Overnight oats pudding made with oatmeal, chia seeds, some almond milk, berries and some nut butter is a delicious, nutritious and filling breakfast. Non-fat, plain Greek yoghurt, blended with a bit of honey and vanilla, along with some fresh berries, nuts and seeds or low sugar granola is another great option. Want savoury instead – why not eggs? Scrambled and stuffed into a small whole grain pita with some mild salsa and cheddar.

What smart snacks would you recommend for children throughout the school day?

Fruit is a great option – a chopped apple, melon or banana pieces. Serve it with a yoghurt dip – blend with roasted almond butter and honey. Veggie sticks with hummus is also good, providing some protein from chickpeas. Make your own energy bars or bites using nuts, seeds and dried fruits or homemade trail mix made with toasted coconut, dried cranberries, pecans and sunflower seeds. Cheese sticks with seedless grapes. Mini pizzas made on whole wheat pitas and cut into triangles.

For parents with particularly picky eaters, in what ways can the parent help a child to broaden their eating habits?

Involve your kids in food prep – give them choice. Provide a few healthy options they can choose for inclusion in meals. Maybe it's a fruit for their smoothie, or a veggie for their dinner. Lead by example – eat with your child so they can see you're eating the same foods as them.

Additionally, you can also sneak more healthy foods into some of their favorite foods. Blending veggies like carrots into tomato sauce, and serving over zoodles – zucchini noodles. Creating vegetable mashes using potato with carrot or peas is a good lower calorie side dish. Create healthy smoothies using veggies such as spinach with banana and mango. Healthy juices can be created using half vegetable and half fruit – orange and beet or spinach, kiwi and apple. Veggie sticks with yummy colourful dips – hummus blended with sundried tomato or basil, mashed avocado, or yoghurt dips blended with healthy nut butters. You can even add healthy ingredients to sweet desserts – black bean brownies or pumpkin cookies.

What meal options does Kcal offer for children?

We have a small selection of kids' meals including chicken nuggets breaded in coconut and almond flour and served with homemade BBQ sauce; mini chicken quesadillas made with chicken breast, cheddar, red peppers and mild tomato salsa stuffed in a whole wheat tortilla and lastly a spaghetti bolognese with whole wheat spaghetti and a tomato-carrot sauce with minced beef. We also have kid friendly juice blends, smoothies and healthy desserts.

For more information, visit kcallife.com.

MAKE AT HOME:

5

PACKED SCHOOL LUNCHES

Here's a week's worth of school lunchbox ideas to send your little one off to school with, designed by nutritionist Lauren.



Lunchbox 1

- Quesadilla – using whole wheat tortilla, shredded beef or chicken, cheddar and tomato, fold in half and grill in a sandwich maker. Cut into fours and serve with a mild guacamole for dipping.
- Mixed veggie sticks – capsicum, carrot, cucumber and mini radishes
- Sliced apple – with yoghurt dip made with honey and almond butter
- Homemade energy bar – made with dates, honey or maple syrup, almond butter or tahini, roasted almonds or pistachios, sesame seeds, chia seeds, rolled oats, dried cranberries and dark chocolate chips



Lunchbox 2

- Stuffed Pita – using a whole wheat pita, shredded chicken, honey mustard, cucumber slices, lettuce
- Cheese cubes with green grapes
- Celery and carrot sticks with basil hummus for dipping
- Trail mix – roasted almonds, raisins and toasted coconut flakes



Lunchbox 3

- Veggie noodles with chicken – shredded cabbage, carrot and snow peas sautéed, served with chopped chicken breast and quinoa
- Edamame
- Mixed berry bowl – strawberry halves, blueberries and raspberries
- Simple energy bites – with chopped dates, almond butter, almond flour, shredded coconut and coco powder



Lunchbox 4

- Mini pita pizzas – top mini whole wheat pitas with tomato sauce, cheese, chopped chicken, red pepper and bake.
- Broccoli and cauliflower florets with labneh dip – labneh blended with shredded cucumber, lemon and Zaatar
- Melon cubes – watermelon, honey melon and cantaloupe
- Black bean brownie bites



Lunchbox 5

- Brown rice with black beans, sweet corn, minced beef and cherry tomato halves
- Carrot and celery sticks with mild guacamole, mixed with feta cheese chunks
- Baked veggie chips – beetroot, sweet potato and parsnips with sea salt
- Orange slices
- Berry yoghurt – blended with blueberries, honey and vanilla

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no cook
■ easiest ever
midweek meals page 22



family
■ back to school
lunches & dinners page 31



4 ways with
■ a sheet of puff pastry page 38



family dinners
■ page 41



no cook

easiest ever midweek meals

These no-cook recipes are quick to prep, and perfect for when it's too hot to turn the oven on

recipes ESTHER CLARK

photographs FAITH MASON

Ham & piccalilli salad

SERVES 4 **PREP** 15 mins
NO COOK EASY 

4 tbsp piccalilli
3 tbsp natural yogurt
12 silverskin pickled onions, halved
130g pea shoots
180g pulled ham hock or shredded cooked ham
½ cucumber, halved and thickly sliced
100g fresh peas

40g mature cheddar, shaved
crusty bread, to serve

- Mix the piccalilli, yogurt, onions and 4 tbsp water together to make a dressing. Season and set aside.
- Toss the pea shoots, ham, cucumber and peas together. Pile onto a serving plate, then drizzle over the dressing. Top with the cheese and serve with crusty bread.

GOOD TO KNOW low fat • low cal • 2 of 5-a-day • gluten free

PER SERVING 189 kcals • fat 8g • saturates 4g • carbs 10g • sugars 7g • fibre 3g • protein 18g • salt 2g

No-cook veggie fajitas

SERVES 4 **PREP** 25 mins
NO COOK EASY V

2 x 180g tubs marinated chargrilled vegetables, drained
2 x 400g cans pinto beans, drained and rinsed
200g tub tomato salsa
2 limes, zested and juiced
1 tbsp red wine vinegar
2-3 tbsp hot sauce, plus extra to serve
small bunch coriander, chopped, plus extra, shredded, to serve
2 ripe avocados, stoned and diced
1 small garlic clove, finely grated
8 medium soft flour tortillas
100ml soured cream, to serve
salad leaves, to serve (optional)

■ To make the fajita mix, tip the marinated veg into a bowl with the pinto beans. Stir in 2 tbsp salsa, half the lime zest and juice, the vinegar, hot sauce and half the coriander. Set the mixture aside.

■ Put the avocado in another bowl with the remaining lime zest and juice and the garlic. Roughly mash everything together with a fork, then season and stir through the remaining coriander.

■ Spread the crushed avocado mixture over the tortillas, then top with the fajita mix, remaining salsa, soured cream, extra hot sauce and extra coriander. Serve with salad leaves, if you like.

GOOD TO KNOW fibre • 3 of 5-a-day

PER SERVING 658 kcal • fat 30g • saturates 9g
• carbs 68g • sugars 12g • fibre 19g • protein 20g • salt 4.1g

gf tip

Not veggie?
You could add cooked king prawns or shredded cooked chicken to the fajita filling.





Chilled green soup with feta

SERVES 4 **PREP** 20 mins plus 1 hr chilling
NO COOK EASY V

70g vegetarian feta, crumbled
3 tbsp olive oil
1 tsp coriander seeds, crushed
1 large red chilli, deseeded and finely chopped
1 lemon, zested and juiced
200g baby spinach
2 large ripe avocados, stoned and cubed
1 large cucumber, chopped
1 small garlic clove, crushed
250g natural yogurt
small bunch basil
2 tbsp toasted mixed seeds, to serve

■ Put the feta in a bowl and pour over the olive oil, coriander seeds, chilli and lemon zest. Set aside.

■ Tip the remaining ingredients (except the seeds) into a food processor and blitz until smooth. Season. Add 50-100ml cold water and blitz again to loosen. Chill for up to 1 hr.

■ Pour into four bowls and top with the feta, marinating liquid and seeds.

GOOD TO KNOW calcium • folate • fibre • vit c • 3 of 5-a-day
• gluten free

PER SERVING 394 kcal • fat 34g • saturates 9g • carbs 8g •
sugars 6g • fibre 6g • protein 11g • salt 0.6g



Salmon & smacked cucumber noodles

SERVES 2 **PREP** 25 mins
NO COOK EASY

150g vermicelli rice noodles
1 garlic clove, finely grated
2 tbsp light soy sauce
1 tbsp caster sugar
4 tbsp rice wine vinegar
2 tbsp sesame oil
½ large cucumber
2 carrots, grated

2 skinless poached salmon fillets, flaked
2 tbsp peanuts, roughly chopped, to serve

■ Put the noodles in a bowl and cover with boiling water from the kettle. Set aside for 4 mins. Drain and rinse under cold running water, then return to the bowl.

■ Mix the garlic, soy sauce, sugar, vinegar and sesame oil together in a separate bowl. Lightly smack the cucumber with a rolling pin to

split it, then chop into 2cm pieces. Add to the bowl with the dressing and toss everything together.

■ Add the dressed cucumber and the carrots to the bowl with the noodles and toss to combine. Gently toss through the salmon, then divide between two plates, scatter over the peanuts and serve.

GOOD TO KNOW omega-3 • 2 of 5-a-day

PER SERVING 820 kcals • fat 38g • saturates 7g
• carbs 85g • sugars 21g • fibre 5g • protein 33g • salt 2.6g

Mozzarella & pesto chickpeas on toast

SERVES 2 **PREP** 10 mins

NO COOK **EASY** **V**

400g can chickpeas,
drained and rinsed
1 lemon, zested
2 tbsp fresh pesto
4 sundried tomatoes from
a jar, drained and chopped
4 medium sourdough slices
1 large garlic clove
½ ball vegetarian mozzarella, torn
basil leaves, to serve (optional)

■ Tip half the chickpeas into a bowl and crush with a potato masher. Stir in the lemon zest and pesto, the remaining chickpeas and the tomatoes. Season.

■ Rub the bread with the garlic clove, then toast until golden brown. Pile on the chickpea mixture and mozzarella, as well as a few basil leaves, if you like.

GOOD TO KNOW calcium • folate • fibre • iron •
1 of 5-a-day

PER SERVING 497 kcal • fat 18g • saturates 6g
• carbs 56g • sugars 4g • fibre 10g • protein 23g •
salt 1.7g



Mango chutney & chicken sliders

SERVES 4 **PREP** 20 mins
NO COOK EASY

100ml natural yogurt
3 tbsp mayonnaise
½ small bunch mint, leaves
picked and finely chopped
1 small red onion, finely chopped
1 small red chilli, deseeded
and finely chopped
½ cucumber, finely chopped
½ small bunch coriander,
finely chopped
1 rotisserie chicken
3 Little Gem lettuces,
halved lengthways
4 tbsp mango chutney
4 wholemeal rolls, halved

■ Mix the yogurt, mayonnaise and mint together in a small bowl, then season and set aside. Combine the red onion, chilli, cucumber and coriander in a separate bowl.

■ Slice and shred the chicken (keep the bones for stock). Serve with the yogurt sauce, onion and cucumber salad, lettuce, mango chutney and wholemeal rolls for making sliders, and eat any extra chicken with the salad on the side.

GOOD TO KNOW folate • fibre • 2 of 5-a-day
PER SERVING 632 kcs • fat 33g • saturates 5g
• carbs 36g • sugars 15g • fibre 6g • protein 44g •
salt 2.1g

gf tip

Instead of using shop-bought rotisserie chicken, roast one and leave to cool before shredding. Any leftovers can be kept for two days covered in the fridge.





Prawn & grain poke bowls

SERVES 2 **PREP** 15 mins

NO COOK EASY

3 limes, juiced
1 red chilli, deseeded and finely chopped
2 tbsp sesame oil
150g cooked king prawns
250g pouch mixed grains (or 250g cooked mixed grains)
1 ripe avocado, stoned and cubed
6 radishes, sliced
100g mango, peeled and diced
3 spring onions, sliced
pinch sesame seeds, to serve (optional)

■ Whisk the lime juice, chilli and oil together in a bowl. Season, add the prawns and leave to marinate for 10 mins.

■ Meanwhile, tip the grains into a sieve and pour over hot water from the kettle to slightly soften them. Drain well.

■ Divide the grains between two bowls. Top with the marinated prawns, avocado, radishes, mango and spring onions. Drizzle over any leftover marinade and serve the poke bowls with a sprinkle of sesame seeds, if you like.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day

PER SERVING 595 kcals • fat 35g • saturates 6g • carbs 40g • sugars 11g • fibre 10g • protein 24g • salt 1.2g





TAKE YOUR PICK

BURGER OR LOBSTER?

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Consistently bringing the hottest flavours to DIFC's discerning locale, fans of Burger & Lobster can expect to taste some familiar favourites on the menu, lined up alongside some mouthwateringly delicious new showstoppers.

Hot off the block, the B&L Burger Bombs, tantalizingly crispy, fried parcels of juicy burger meat, topped with melted cheddar and served with the signature homemade burger sauce. Light on the bite, but big on flavour the Lobster Pomegranate Salad tosses up a delicious serving of crispy salad, tender lobster meat and pomegranate with creamy butter milk dressing. Bite into the champion Cali Burger, plating B&L's 8oz burger with avocado, crispy bacon, rich Swiss cheese and a spread of aromatic ranch dressing. Take a ride on the south side, The Dirty South burger, boasts the signature 8oz beef patty with bacon, American cheese, smoked BBQ sauce and topped with crispy onion rings.

Take a quick trip to France with The Frenchie, B&L's signature burger levelled with sautéed button mushroom, roasted garlic aioli, Dijon mustard and the essential raclette cheese. If the lobster roll is where the heart is set, guests can now indulge in a world of flavour with The Truffle; Fresh lobster meat tossed in indulgent truffle mayo, infused with homemade mustards and fresh lemon juice served with potato fries and salad.

Last but not least, the sweet finishers are sure to delight, dig in to the warm and decadent Dulche Fondant, served with homemade vanilla ice cream.



3 RECIPES OF FLAVORED BUTTER CREATED BY

CHEF DIMA HAMATI

In Europe, and particularly in France, butter is inseparable from gastronomy. It clearly represents a certain way of life, and despite the evolution of eating habits, it remains essential for cooks and chefs. Enter a kitchen, and look for butter... it is never far away. Trends change, culinary techniques evolve, but it remains the favorite ingredient of chefs. Ingredient they like to transform in their own way...

SOUR SUMAC BUTTER

250 g butter - 5 g chili powder - 10 g sumac - 5 g smoked paprika
5 g cumin in granules - 5 g salt - The zest of a lemon

Mix the softened butter and all the ingredients, then shape, cling film, and leave to harden in the refrigerator.

COFFEE BUTTER AND SPICES

250 g butter - 10 grains of cardamom - 5 g ground coffee
15 g cardamom powder - 10 cloves - 2 small cinnamon sticks
30 g of date molasses - 20 g brown sugar - 3 g salt

Sous-vide the ingredients and cook them at 90°C for 1 hour.

Pass the whole bag through a coffee filter and collect the flavoured butter. There should be 160 grams left. Let the butter harden at room temperature.

Whisk together the date molasses, brown sugar and salt to make them homogeneous. Add this mixture to the flavoured butter you previously cooked. Shape and set aside in a cool place.

HONEY BUTTER AND ZAAATAR

250 g butter - 30 g zaatar - 90 g honey - 2 g salt

Mix the softened butter and all the ingredients, form them into the desired shape, film and store in the refrigerator.

FLAVORED BUTTER





family

BACK TO SCHOOL

lunches & dinners

These recipes, from a big-batch soup to a veg-packed wrap, make equally good lunches or dinners for kids

recipes LULU GRIMES *photographs* WILL HEAP



Super-salad wraps

The trick to an exciting salad wrap is to make sure the veg is crunchy or has texture and that there's something with a good hit of flavour in it as well. We've added cheese to this one, but you could just as easily add tuna, chicken or egg. Make sure the fillings aren't too wet or they'll drip out and make a mess.

Take to school in: lunchboxes or wax wraps.

SERVES 1 PREP 5 mins
NO COOK EASY V

1 tortilla
2 tbsp hummus
1 lettuce leaf
¼ carrot, shredded or grated
4 cucumber sticks and/or
2 avocado slices
1 tbsp fresh tomato salsa or
chopped tomatoes
handful grated cheddar

Lay the tortilla out flat on a board, spread the hummus on the bottom third and put the lettuce on top. Arrange the carrot, cucumber and/or avocado in a

bank on top of the lettuce and spoon the salsa on top. Sprinkle on the cheese. Fold the bottom of the wrap up just over the filling, fold the sides in and then roll the wrap the rest of the way up. Cut in half or into pieces as shown. Either put straight into a lunchbox or if halved, wrap in wax paper first.

GOOD TO KNOW calcium • 1 of 5-a-day
PER SERVING 354 kcal • fat 19g • saturates 10g
• carbs 26g • sugars 4g • fibre 5g • protein 16g • salt 1.7



You can buy reusable wax wraps that are great for sandwiches and wraps rather than using foil.

Omelette in a bun

Small children may only need half a bun. You could add a bit of salad if you like and older children may like a touch of salsa or pickle as well.

Take to school in: lunchboxes, bags or wax wraps.

SERVES 3 PREP 5 mins COOK 20 mins EASY V

1 tbsp olive oil
1 medium potato, cut into cubes
1 spring onion, finely sliced
handful baby spinach leaves
4 eggs
9 small cherry tomatoes, halved
handful crumbled feta or grated cheddar
3 rolls

1 Heat the oil in a small non-stick frying pan and fry the potato over a low heat until it is browned and tender, this will probably take about 10 mins in all. Add the spring onion and fry for a minute then stir in the spinach.

2 Whisk the eggs lightly with a little seasoning and then pour them into the pan and cook until set on the base. Dot on the tomatoes, sprinkle on the cheese and grill until the top browns. Cool a little then slide out of the pan and cut into thirds.

3 Split the rolls and stuff them with a piece of omelette, sandwich together and halve. Wrap or put in a lunchbox.

GOOD TO KNOW folate

PER SERVING 355 kcal • fat 16g • saturates 5g • carbs 34g • sugars 3g • fibre 3g
• protein 18g • salt 1.2g





Lunchbox pasta salad

You can use pasta shapes or small pasta to make this. If your children are small, they may find spearing large pasta onto forks easier than spooning up small pieces so pack the appropriate implement.

Take to school in: lunchboxes. Pack alongside a freezer block or frozen bottle of water on a warm day.

SERVES 4 PREP 15 mins COOK 11 mins

EASY V (if using vegetarian cheese)

400g pasta, see intro
4-5 tbsp fresh pesto
1 tbsp mayonnaise
2 tbsp Greek yogurt
½ lemon, juice only
200g mixed cooked veg
such as peas, green
beans, courgette (chop

the beans and courgette
into pea-sized pieces)
100g cherry tomatoes,
quartered
200g cooked chicken,
ham, prawns, hard-
boiled egg or cheese

1 Cook the pasta in boiling water until it is al dente, so about 11 mins, but refer to the pack instructions. Drain and tip into a bowl. Stir in the pesto and leave to cool.

2 When the pasta is cool, stir through the mayo, yogurt, lemon juice and veg. Spoon into lunchboxes or on to pasta plates and put the cooked chicken or protein of your choice on top. Chill until ready to eat if intended for a packed lunch.

GOOD TO KNOW fibre • 1 of 5-a-day

PER SERVING 528 kcal • fat 16g • saturates 3g • carbs 69g • sugars 5g • fibre 8g
• protein 23g • salt 1.2g



Super-versatile meatballs

Serve these Swedish-style with potatoes and lingonberry jam, or over pasta or steamed rice. Add a side salad or veg.

Take to school in: a wide-necked thermos, best served with pasta for school.

SERVES 4 PREP 15 mins

COOK 30 mins EASY ✨

½ medium onion, roughly
chopped
85g fresh white breadcrumbs
1 tbsp chopped parsley
200g lean mince
200g turkey mince
grating of nutmeg
1 tbsp plain flour plus more
for dusting
rapeseed oil for frying
1 tbsp butter
400ml hot beef stock
2 tbsp single cream

1 Whizz the onion, breadcrumbs and parsley in a food processor until finely chopped. Add the mince, nutmeg and seasoning. Use the pulse button to mix but don't overdo it or you'll make a paste. Form into 20 walnut-sized meatballs and dust with flour.



2 Heat the oil in a large frying pan and fry the meatballs in batches until they are browned all over, then carefully lift them out with a slotted spoon and drain them on kitchen paper.

3 Melt the butter in the pan, then sprinkle over the flour and stir well. Cook for 2 mins, then slowly whisk in the stock. Keep whisking until it is a thick gravy, then return the meatballs to the pan and cook them for 5 mins. Stir in the cream. Before serving, check one to see if they are cooked all the way through to the centre.

PER SERVING 314 kcal • fat 13g • saturates 4g •
carbs 16g • sugars 2g • fibre 2g • protein 31g •
salt 0.8g



You can use a slow cooker for this, making up the whole recipe then leaving it to cook through on Low for 6 hours.

Creamy lentil & veggie curry

Swap in different veg to this curry or add a can of chickpeas to make it chunkier. A garnish of cucumber adds fresh crunch if you're serving this for dinner.

Take to school in:
a wide-necked thermos.

SERVES 4 PREP 10 mins
COOK 30 mins EASY ✨ V

2 tbsp rapeseed oil
1 onion, chopped
1 tsp ground cumin
1 tbsp Madras curry powder
200g red lentils
2 sweet potatoes, peeled and cut into cubes
1 litre veg stock
400g canned peeled cherry tomatoes
200g green beans, trimmed and cut into short lengths
4 tbsp Greek yogurt plus more for the top if you like
½ small bunch coriander, chopped
¼ cucumber, finely chopped (optional)
naan bread and rice to serve

1 Heat the oil in a large pan and fry the onion for a few mins until softened. Add the spices and cook for 1 min, then stir in the lentils, sweet potatoes, stock and the cherry tomatoes.

2 Bring to the boil, then cover and simmer for 20 mins until the lentils and sweet potatoes are tender. Add the beans and cook for 2 mins then stir in the yogurt and some seasoning. Sprinkle over the coriander and chopped cucumber if using and serve with naan bread and rice.

GOOD TO KNOW healthy • low fat • fibre • iron
• 3 of 5-a-day

PER SERVING 444 kcal • fat 12g • saturates 4g
• carbs 58g • sugars 20g • fibre 12g • protein 19g
• salt 1g



You can add more stock to this and blend it to make a soup if you like.



Big-batch chicken soup

A whole chicken makes a very big batch of chunky soup plus another couple of meals if your children are small – older ones may eat all of it. Treat the recipe as a base and use whatever veg you like; green beans, spinach, kale and chopped tomatoes all work well. Sofrito mix is available in supermarkets and is a very useful freezer standby. To bulk up the soup, add rice or your choice of grains.

Take to school in: a wide-necked thermos. Don't forget the spoon!

SERVES 4 with leftovers

PREP 10 mins **COOK** 1½ hours **EASY** ✱

250g sofrito mix (or mixed finely chopped onion, carrot and celery)

1 tbsp rapeseed oil

1 chicken, elastic or string removed

1 bay leaf

2 low-salt chicken stock cube melts or cubes

200g frozen peas

200g frozen sweetcorn (optional)

200g soup pasta or dried noodles snapped into pieces, cooked

1 Fry the sofrito mix in the rapeseed oil for about 10 mins until it is really soft and the onion is translucent. Do this over a low heat and don't let it brown. Tip into a casserole.
2 Sit the chicken on top of the sofrito, add the bay leaf and stock melts and enough cold water to come most of the way up the chicken. Bring slowly to a simmer and then put a lid on the casserole. Cook for 1 hr then check whether the chicken is cooked through – the meat should have started to pull away from the ends of the legs if it is. Carefully lift the chicken out of the pan and let it cool a little then ease the breast meat from the carcass. (Cool and chill the breasts if you want to keep them for another day, or chop them if you want to make a generous batch of this soup.) Strip the remaining meat off the bones and chop it into cubes small enough to sit on a soup spoon.

3 Taste the broth the chicken was cooked in and if it tastes weak then boil it for 15–20 mins to reduce it then taste again. Don't season it until you are happy with the flavour. *If you want to chill or freeze some of the soup base do it now and add the rest of the ingredients later when you reheat it.* Stir in the peas and sweetcorn (if using) along with the soup pasta and bring back to a simmer. Add back the chicken meat.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 424 kcal • fat 20g • saturates 5g • carbs 29g • sugars 5g • fibre 5g • protein 30g • salt 1.6g

gf tip

You can make this in a slow cooker – just follow the recipe and cook for 6–8 hrs on Low. Then add the peas and pasta and cook for a further 30 mins.



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4 ways with a sheet of puff pastry

Take a simple sheet of ready-made puff pastry and turn it into easy, moreish snacks to pack up and take on a picnic

recipes ESTHER CLARK

photograph MELISSA REYNOLDS-JAMES

Jam turnovers

SERVES 6 PREP 10 mins COOK 20 mins EASY V

Heat the oven to 200C/180C fan/gas 6. Unravel a **320g sheet of puff pastry** on a lightly floured surface. Cut the pastry into six squares. Spoon **1 heaped tbsp jam** (apricot, raspberry or strawberry work well) in the centre of each pastry square. Seal the edges by pressing down with a fork and brush with **1 beaten egg**. Lay on a lined baking sheet and bake for 20 mins. Dust with **icing sugar** and serve with **clotted cream**.

PER SERVING 272 kcs • fat 15g • saturates 7g • carbs 30g • sugars 14g • fibre 1g • protein 4g • salt 0.5g

Spinach, bacon & roquefort tart

**SERVES 6 PREP 15 mins
COOK 15 mins EASY □**

Heat the oven to 200C/180C fan/gas 6. Roll out a **320g sheet of puff pastry** onto a lined baking sheet. Using the tip of a sharp knife, mark a 2cm border around the edge. Brush the pastry all over with **1 beaten egg** and bake for 10 mins. Leave for 5 mins, then press down the centre with your hands, leaving the border. Top with **125g shop-bought creamed spinach**, **8 halved cherry tomatoes** and **50g crumbled roquefort**, and return to the oven for 10-15 mins. Meanwhile, fry **3 rashers of steak smoked bacon** until very crispy. Drain and chop or break into shards and scatter over the tart.

PER SERVING 308 kcs • fat 21g • saturates 10g • carbs 19g • sugars 1g • fibre 2g • protein 9g • salt 1.3g

Caramelised onion & thyme sausage rolls

SERVES 8 **PREP** 15 mins
COOK 25 mins **EASY** 🌱 🍴

Heat the oven to 200C/180C fan/gas 6. Squeeze the meat from **6 pork sausages** into a bowl and mix with **2 tbsp caramelised onion chutney**, **1 tsp wholegrain mustard** and **1 tbsp chopped thyme**. Unravel a **320g sheet puff pastry** and roll out until one side measures 43cm. Arrange the sausagemeat down the centre of the pastry. Use **1 beaten egg**, to brush along the bottom of the pastry. Bring the pastry around the meat, and seal the edges with a fork, then cut into eight. Brush with a little more egg and sprinkle with **½ tsp poppy seeds**. Transfer to a lined baking sheet and cook for 25 mins or until golden.

PER SERVING 273 kcal • fat 19g • saturates 8g • carbs 18g • sugars 3g • fibre 2g • protein 7g • salt 0.7g



Cheese & pickle pinwheels

SERVES 12 **PREP** 10 mins
COOK 20 mins **EASY** V

Heat the oven to 200C/180C fan/gas 6. Mix **100g strong grated cheddar** and **50g grated Lancashire cheese**. Mix through **2 heaped tbsp pickle** and **1 tsp English mustard powder**. Unravel a **320g sheet all-butter puff pastry** on a lightly floured surface, spread the cheese mixture over the pastry and tightly roll into a sausage shape from the longest side. Trim off the ends. Cut into 10 rounds and put on a lined baking sheet (swirl-side up), brush with **1 beaten egg** and bake for 15-20 mins or until golden brown. Leave to cool a little before eating.

PER SERVING 166 kcal • fat 12g • saturates 6g • carbs 10g • sugars 1g • fibre 1g • protein 5g • salt 0.6g



CREAM



A guarantee for your pastries

The culinary success of European cream is due to the multiple roles it plays in improving taste, texture, binding and even presentation. Its silky, creamy, smooth and shiny texture is why the term "creamy" is so widely used by tasters to describe the smoothness of a product.

Dairy cream enhances aromas and reveals flavours without dominating and respects the subtlety of food. By mixing hot or cold cream with another ingredient. It also binds and stabilizes hot preparations: it will soften stuffing and egg dishes, making them more cohesive.

Other advantages of cream: it reduces the bitterness of cocoa, the acidity of lemon, and tempers the pungency of certain fruit and the astringency of others. It improves the fondant used on pastries and turns fruit into mousse.

In addition to these culinary and gastronomic qualities that have made cream an indispensable go-to ingredient for French pastry chefs, it also has obvious practical and dietary qualities. Because cream is rich in water, it is the least greasy type of fat. Soft, luxurious and light!

Because European dairy cream has its place in the finest kitchens around the world, its use has adapted to the needs, practices and new expectations of chefs: progress in the diversification of creams has allowed for greater control when cooking and the packaging has allowed it to be sold on store shelves (instead of refrigerators), providing greater freedom of use and storage. All of this combines to make cream an essential ingredient in any sophisticated pastry!

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FAMILY DINNERS

Sunday lunch doesn't have to be a roast, sometimes it just needs to be something the whole family will enjoy. These recipes all feed two adults and several children, but if you have teenagers with big appetites, add a few more sides

recipes LULU GRIMES *photographs* WILL HEAP



Roast pork & apples

It's always useful having leftover roast meat after Sunday lunch. Use it shredded into a noodle soup or stir-fry, or make a pork version of a shepherd's pie.

SERVES 4-6 **PREP** 5 mins
COOK 2 hrs 45 mins **EASY**

1 large onion, thickly sliced
pork shoulder joint (about 2 kg)
1 tbsp rapeseed oil
flaky sea salt
½ tsp fennel seeds (optional)
2 garlic cloves
4 eating apples, cored
and quartered

800ml chicken stock
roast or mashed potatoes and veg,
to serve

1 Heat oven to 220C/200C fan/gas 7. Tip the onion into a roasting tin and put the pork shoulder on top. Rub the pork skin with the oil and sprinkle with salt and the fennel seeds, if using. Tuck the garlic cloves under the side of the pork. Roast for 30 mins or until the skin begins to crackle up, blister and brown.

2 Reduce heat to 180C/160C fan/gas 3, add the apples to the tin, and roast for about 2 hrs or until the meat is very tender when tested with a

sharp knife. Lift the pork out to rest and spoon out the apple and onion.

3 While the pork rests, make the gravy. Tip all the fat out of the tin, then put it over a low heat. Add a splash of stock, scraping any sticky bits off the bottom with a wooden spoon. Pour in the remaining stock, then bring everything to the boil. Squash in the garlic and remove the skin. Strain the gravy through a sieve into a jug. Serve the pork and crackling in slices with the roasted apple, onion and gravy, and either roast or mashed potatoes.

GOOD TO KNOW 1 of 5-a-day

PER SERVING (6) 637 kcal • fat 38g • saturates 13g • carbs 8g • sugars 7g • fibre 2g • protein 64g • salt 0.7g

Pea & leek super-green tart

This recipe works equally well with shortcrust or puff pastry, so use whichever you prefer. The preheated baking sheet in the oven will help cook the base of the pastry. Leftovers would make a good addition to a lunchbox.

SERVES 6 **PREP** 10 mins

COOK 35 mins **EASY** **V**

flour, for dusting	125ml whipping cream
350g pastry, you can use puff or shortcrust, either a block or pre-rolled	1 large egg
	150g frozen spinach, defrosted
½ tsp butter	200g peas
1 large or 2 small leeks, cut into ½cm rounds	4 mozzarella pearls

1 Heat oven to 200C/180C fan/gas 6 and put a baking sheet in the oven to heat up. Lightly dust a surface with flour, then roll out the pastry into a circle. Use to line a 22cm tart tin (3 cm deep) with a removable base. Trim away any excess pastry that hangs over the top and chill while you make the filling.

2 Heat the butter in a frying pan, add the leek in a single layer and fry for a minute, then add 50ml water and cover with a lid. Cook over a low heat for 4 mins (check it doesn't dry out). Whisk the cream and egg together, then mix in the spinach and peas.

3 Tip the pea mixture into the base of the tart and arrange the leek on top (if you don't want the leeks on top, then stir them through the pea mixture). Break the mozzarella pearls in half and dot them over the tart. Put the tart on the baking sheet and bake for 30 mins, or until the filling is cooked through. Leave to rest for 5 mins before cutting.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 417 kcal • fat 30g • saturates 16g • carbs 23g • sugars 4g • fibre 5g • protein 12g • salt 0.7g



gf tip

Parsley always perks up the look of a dish but if your kids don't like 'green bits', then leave it off.

Sausage casserole in a Yorkie

Choose the sausages your family like best. Use veggie ones if you want to make this vegetarian.

SERVES 4 **PREP** 20 mins

COOK 50 mins **EASY**

3 tbsp rapeseed oil	pack of good-quality sausages
1 large onion, finely sliced	chopped parsley, to serve (optional)
1 celery stick, finely sliced	For the Yorkshire pudding batter
1 tbsp tomato purée	4 large eggs (about 100ml when cracked into a jug)
400g can chopped tomatoes	140g plain flour
1 tbsp dark brown soft sugar	200ml whole milk
2 tsp Dijon mustard	rapeseed oil, for the tin
2 thyme sprigs	
2 carrots, cut into thick slices	

1 Heat 2 tbsp oil in a large flameproof casserole. Fry the onion for 8-10 mins over a low heat so it starts to soften and caramelise, add the celery and cook for a further 5-10 mins until softened. Add the tomato purée and cook for 2 mins, then add the tomatoes, sugar, mustard, thyme, carrots and 400ml water, and bring to the boil. Cook, uncovered, over a low heat for 15 mins. Meanwhile, fry the sausages in the remaining oil until they are browned all over, add them to the pan, cover with a lid and cook for 10 mins.

2 To make the batter, crack the eggs into a bowl or jug, then add the flour and whisk together until smooth. Gradually add the milk and carry on whisking until the mixture is lump-free. Season. Pour the batter into a jug, cover and chill for at least 30 mins and up to 24 hrs.

3 While the casserole is cooking, or, when you're ready to serve your Sunday lunch, heat oven to 230C/210C fan/gas 8. Drizzle a little rapeseed oil into a 30cm frying pan with an ovenproof handle and put it in the oven for 5 mins. Pour the batter into the pan, put it back in the oven and cook for 25 mins. Check the Yorkshire pudding. It should have a good dark brown colour at the edges and feel firm and dry. If it's ready, take it out and keep warm. To serve, spoon the sausage casserole into the Yorkshire, and scatter over the parsley, if you like.

GOOD TO KNOW calcium • fibre • 2 of 5-a-day

PER SERVING 674 kcal • fat 38g • saturates 12g •

carbs 55g • sugars 21g • fibre 8g • protein 23g • salt 1.6g



Roast salmon & roast baby potatoes

You may not need all of the potatoes in this recipe, so use leftovers in a potato salad or chopped up in soups and stews. If you need more, use 750g.

SERVES 4 PREP 5 mins
COOK 50 mins EASY

500g baby potatoes, halved if large	2 lemons, halved
1 tbsp olive oil	250g frozen peas
2 tbsp butter	2 tbsp crème fraîche, plus extra to serve (optional)
500g piece skinless salmon fillet	1 tbsp chopped dill or mint (optional)

1 Heat oven to 200C/180C fan/gas 6. Boil the potatoes for 10 mins until just tender, drain and steam-dry for a few mins. Toss the potatoes in the oil and butter, then tip onto a baking tray. Roast for 20 mins. Push the potatoes to one side and put the salmon on the other side, and add the lemon halves. Season. Return the tray to the oven for 15-20 mins until everything is cooked through – check the centre of the salmon with the tip of a knife.

2 Cook the peas in simmering water for 2 mins, drain and tip into a bowl. Add the crème fraîche and herbs, if using. Break the salmon into chunks to serve and squeeze over the lemon. Serve the salmon with the potatoes and peas, and some extra crème fraîche on the side, if you like.

GOOD TO KNOW omega-3 • gluten free

PER SERVING 482 kcal • fat 28g • saturates 9g • carbs 24g • sugars 5g • fibre 5g • protein 32g • salt 0.2g



Roast chicken spaghetti

Change the veg if you prefer – peas, steamed leeks and shredded cabbage also go well. Cook as much spaghetti as you need – children under 11 only need 40g dried pasta each and adults 75g, though teenagers and very active children may eat a little more.

SERVES 6 PREP 5 mins
COOK 2 hrs EASY

1 medium chicken (about 1.5kg),
any trussing string removed
1 lemon, halved
1 large shallot, halved
2 tbsp olive oil, plus extra
to serve

6 evenly sized medium carrots,
peeled, trimmed and halved
down the centre
1 chicken stock pot
300-400g good-quality spaghetti
(like De Cecco)
200-300g Tenderstem broccoli,
steamed

1 Heat oven to 180C/160C fan/gas 4. Stuff the chicken cavity with the lemon and shallot halves and rub half the oil on the chicken skin – season if you like. Arrange the carrots in the middle of a roasting tin and drizzle over the rest of the oil. Put the chicken on top and season. Roast for 1½ hrs until the chicken skin is crisp and the leg

feels loose when you wiggle it. If the leg doesn't feel loose, then cook for a further 15 mins or until it does – it needs to be very tender.

2 Lift the chicken off the carrots, pour any liquid that has collected inside into the tin and set the chicken aside to rest. Cook the pasta following pack instructions, but for 1 min less than the recommended time. Put the roasting tin on a medium heat, add 150ml pasta water (drain the rest) and the stock pot and bubble everything together to make a gravy.

3 Tip the pasta onto a large serving dish and drizzle over a little oil. Cut the chicken legs off and divide them in two, and carve the breast into thick slices. Arrange this over the spaghetti and pour over any juices. Slice the carrots and pile them up at one end, and pile the broccoli at the other. Pour the gravy over the pasta, or serve it in a jug. You'll need tongs and a large spoon to serve.

GOOD TO KNOW healthy • fibre • 2 of 5-a-day
PER SERVING 567 kcal • fat 20g • saturates 5g •
carbs 53g • sugars 8g • fibre 7g • protein 40g •
salt 1.0g





Frozen fruit crumble

SERVES 6 **PREP** 10 mins

COOK 25 mins **EASY** **V**

100g plain flour
50g rolled oats
100g butter, cubed
50g light brown soft sugar, plus
a little extra if needed
60g flaked almonds (optional)
3 tbsp ground almonds
500g frozen berries or summer fruit,
defrosted
ice cream, custard or cream, to serve

1 Heat oven to 200C/180C fan/gas 6. Put the flour, oats, butter and sugar in a bowl and squash together with your fingers into a crumble texture. Sprinkle over a baking tray and bake for 10 mins, stirring and roughly breaking up halfway through cooking. Stir through the flaked almonds, if using. *Can be done up to two days ahead and stored in an airtight container.*

2 Sprinkle the ground almonds over the base of an ovenproof dish, then spoon in the fruit. If the berries are sour, sprinkle over a little extra brown sugar. Sprinkle the crumble mix over the fruit and bake for 15 mins. Rest for 5 mins before serving with ice cream, custard or cream.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day
PER SERVING 330 kcals • fat 19g •
saturates 9g • carbs 31g • sugars 13g •
fibre 6g • protein 5g • salt 0.3g





THE TERRACE
on the corniche

Family Friday Brunch

Every Friday, 12:30pm–4:00pm

The St. Regis Abu Dhabi invites you every Friday to a hearty and colorful brunch in true St. Regis style. Indulge in an infinite selection of the freshest seafood, sushi, fine grilled cuts and more – many of which prepared to your taste. Just remember to save some room, because our dedicated dessert and cheese room will be sure to tempt you one last time!

AED 345 per person



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WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend.



TOM KERRIDGE

street-food feast, p50



FAMILYFUN

afternoon tea, p57

ONE FOR
THE CAKETIN
**STUFFED
COOKIE
SANDWICHES,**
p64



gf

TOM KERRIDGE

Street-food FEAST

BBC chef **Tom Kerridge** gives burgers, hot dogs, chilli and salad a summery street-food makeover

photographs SAM STOWELL

Cooking for friends isn't just about sit-down meals. It can be grab and go – and street food provides great inspiration.

When I was a kid, it just meant a dubious-looking burger van but now it reflects our cultural diversity and gives people a chance to try incredible dishes outside the confines of a restaurant. I love the concept so much, I launched my own festival (pubintheparkuk.com) – here are some of the dishes we make there for you to try at home.



Good Food contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and The Butcher's Tap in Marlow, and Kerridge's Bar & Grill at The Corinthia Hotel, London. Find more of Tom's recipes on bbcgoodfood.com.

🐦 @ChefTomKerridge

**Sriracha-glazed chicken
burger & pickled cabbage p52**



Pulled pork sloppy joe dogs, p52

Sriracha-glazed chicken burger & pickled cabbage

Hot and spicy is my go-to flavour combo when it comes to chicken burgers. When we're making these at festivals, we deep-fry the marinated chicken, but it's just as incredible when you char it like I've done in this recipe.

SERVES 4 **PREP** 30 mins

COOK 10 mins plus at least 1 hr marinating **EASY**

4 large, boneless and skinless chicken thighs
2 garlic cloves, finely grated or crushed
1 tsp smoked paprika
pinch chilli flakes
thumb-sized piece ginger, finely grated
4 brioche burger buns, halved, to serve
For the pickled cabbage
150ml cider vinegar

75g golden caster sugar
½ tsp coriander seeds
1 tsp ground turmeric
½ Chinese cabbage or pointed cabbage, shredded

For the relish

¼ cucumber, coarsely grated
3 tbsp mayonnaise
1 lime, zested and juiced

For the glaze

3 tbsp American mustard
2 tbsp sriracha

1 Flatten the chicken thighs out by lightly bashing them between two pieces of baking parchment with a rolling pin, then put in a sealable container with the garlic, paprika, chilli, ginger and a pinch of salt. Massage the mix into the meat, then chill until ready to cook for at least 1 hr or up to 24 hrs.
2 To pickle the cabbage, put the vinegar, sugar, coriander seeds and turmeric in a pan and bring to the boil to dissolve the sugar. Take off

the heat and stir in the shredded cabbage, ensuring it's completely immersed in the liquid. Cover and leave to cool.

3 For the relish, sprinkle the cucumber with a little salt and leave for 10 mins. Squeeze out the liquid, then stir the cucumber through the mayo and lime juice and set aside. For the glaze, mix the mustard and sriracha together in a separate bowl.
4 Heat a barbecue to medium or the grill to its highest setting. Barbecue or grill the chicken for 5 mins on one side, then flip and continue to cook, brushing with the glaze a few times until sticky, glossy and cooked through. Toast the buns, spoon some cabbage onto the base, place the chicken on top, then dollop a generous amount of the cooling cucumber relish over the chicken before closing the buns and serving.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 577 kcal • fat 27g • saturates 4g • carbs 52g • sugars 23g • fibre 4g • protein 30g • salt 2.3g



Pulled pork sloppy joe dogs

Here, three street-food favourites are combined into one awesome hot dog. These can be made easily and reasonably quickly by using shop-bought pulled pork, or go the whole hog and make it yourself.

SERVES 8 **PREP** 20 mins
COOK 1 hr 20 mins **EASY**

1 tbsp sunflower oil
2 onions, halved and sliced
1 tbsp garlic powder
3 garlic cloves, sliced
1 tbsp tomato purée
1 tsp dried oregano
½ tsp smoked paprika
500ml chicken stock
400g pulled pork (shop-bought, or get a recipe on bbcgoodfood.com)
2 green peppers, chopped into small pieces
1 green chilli, sliced
1 tbsp American mustard, plus extra to serve

8 hot dogs
8 hot dog buns
soured cream, shallots finely sliced into rings and toasted yellow mustard seeds, to serve

1 Heat the oil in a pan and fry the onions until golden, then tip in the garlic powder and garlic cloves, and cook for a few minutes. Stir in the tomato purée, oregano and paprika, then pour in the chicken stock and bring to the boil. Add the pork and stir through any sauce that comes with it. Simmer for 1 hr–1 hr 15 mins until reduced, adding the peppers and chilli 10 mins before the end. Take off the heat and shred the pork through the sauce, then stir through the mustard and set aside.
2 Heat the hot dogs following pack instructions. When ready to serve, lay a dog in each bun, spoon over the pork, zigzag over soured cream and mustard, then finish with the shallots and mustard seeds.

GOOD TO KNOW vit c • 1 of 5-a-day

PER SERVING 547 kcal • fat 26g • saturates 9g • carbs 44g • sugars 5g • fibre 4g • protein 31g • salt 2.6g

Smoked mackerel & fennel salad bowls

I thought I should include something fresher and lighter to prove that not all street food needs to be filthy to have flavour. I like to serve this as a carb-free option in a box or bowl, but it's also great as filling for a wrap.

SERVES 6 **PREP 25 mins**

NO COOK EASY

6 smoked mackerel fillets,
skinned and flaked
4 tbsp goat's curd or cream
cheese
small handful hazelnuts,
toasted
For the salad
2 heads fennel, finely
sliced

2 banana shallots, peeled and sliced
2 medium-sized golden beetroot,
peeled and coarsely grated
1 radicchio, shredded
6 breakfast radishes, finely sliced
1 lemon, juiced
2 tsp chopped dill
2 tbsp olive oil

Tip all of the salad ingredients into a bowl, season with salt and pepper and leave for 20 mins to soften and slightly pickle the veg. Serve in portions piled high, topped with the mackerel, goat's curd and a sprinkling of hazelnuts.

GOOD TO KNOW calcium • folate • omega-3 •
2 of 5-a-day • gluten free

PER SERVING 660 kcals • fat 51g • saturates 14g •
carbs 8g • sugars 2g • fibre 4g • protein 40g • salt 3.3g



Beef biltong chilli & smoked cheddar

I love chilli con carne and I've elevated it in several of my places. At The Coach we make a venison version while, at festivals, we make this one, which is off the flavour scale due to the added biltong. Be aware, though, that biltong is aired to different degrees, depending on the brand. You want one that's really dry to blitz to a powder.

SERVES 4 PREP 15 mins

COOK 1 hr EASY

100g biltong
1 large onion, sliced
2 tbsp sunflower oil, plus a little extra
400g beef mince
1 tbsp cumin seeds
1 tbsp ground coriander
4 tbsp chipotle paste
600ml beef stock

400g can kidney beans in water, drained but not rinsed
2 limes, juiced, 1 zested
cayenne pepper, to taste
100g smoked cheddar, grated
sliced jalapeño chillies, puffed rice, coriander leaves and tortilla wraps or cooked brown rice, to serve

1 Put the biltong in a food processor and blitz to a powder as fine as you can make it. Tip into a bowl and set aside. Scatter the onion in a dry saucepan and cook over a low heat for about 30 mins until very dark and soft, adding a little oil if needed to stop it burning. Meanwhile, heat the 2 tbsp oil in a wide pan and crumble in the mince. Cook on a low heat for 30 mins – it will release lots of liquid, which needs to evaporate, then eventually it will sizzle in its own fat. If the pan becomes too dry, drizzle in a little more oil. Towards the end of the cooking time, stir

the mince until it becomes speckled with crisp brown bits. Mix in the cumin, coriander and chipotle paste, then stir in the stock, bring to a simmer and cook for 10 mins.

2 Tip the caramelised onions into the food processor (no need to wash it) and blitz until smooth. Add the onion purée to the chilli along with most of the biltong and the beans. Stir and simmer for 20 mins until rich and thick. Season with the lime juice and cayenne, and keep on a low heat for a few mins more.

3 Ladle the chilli into a bowl and sprinkle over the cheese, the remaining biltong, sliced jalapeños and a little puffed rice. Finish with the lime zest and coriander leaves. Serve with tortilla wraps or over brown rice.

GOOD TO KNOW fibre • iron • 1 of 5-a-day
PER SERVING 502 kcals • fat 27g • saturates 10g •
carbs 16g • sugars 5g • fibre 6g • protein 45g •
salt 1.9g





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family fun

afternoon tea

Keep the kids happy with a patisserie-style afternoon tea – they'll enjoy making it as much as they do eating it

recipes LULU GRIMES *photographs* MIKE ENGLISH





Double-dipped shortbread cookies

MAKES 15 **PREP 20 mins**
COOK 30 mins **EASY** **V** *unbaked

200g salted butter, softened
100g icing sugar
1 tsp vanilla extract
250g plain flour
1 tbsp milk, plus extra if needed
50g each white chocolate and milk chocolate, chopped

1 Heat the oven to 180C/160C fan/gas 4. Beat the butter with the icing sugar using an electric whisk until the mixture is light and fluffy. Beat in the vanilla and flour (the mixture will stiffen and look like crumble as the flour is added). Add the milk and keep beating until the mixture softens and sticks together (add some more milk if needed).


2 Scoop the dough into a piping bag fitted with a large star nozzle and pipe swirled rings onto a baking sheet lined with baking parchment. If the mixture is too stiff to pipe easily, you can roll the dough into balls and put them on the sheet instead. The cookies will spread as they cook so don't worry if there's a small gap in the centre of the piped swirls, but ensure there is enough space between each cookie so they don't stick together as they cook. Bake for 15 mins, or until lightly golden, then transfer to a wire rack to cool.

3 Put the white and milk chocolate in separate bowls and microwave each in 20-second bursts until melted. Dip the cookies into each chocolate, milk at one end and white on the other, then let any excess drip off before returning them to the rack to set. *Will keep in an airtight tin for up to four days.*

PER SERVING 224 kcal • fat 13g • saturates 8g •
carbs 23g • sugars 10g • fibre 1g • protein 2g • salt 0.2g



Loaded open sandwiches

MAKES 20-24 small sandwiches
PREP 20 mins **NO COOK EASY** 

12 small slices rye bread or
 6 slices thin, firm bread
 softened butter, for spreading
 6 tbsp mayonnaise
 2 tsp cucumber relish or piccalilli
 2 slices ham, shredded
 2 tbsp cream cheese
 1/4 cucumber, halved, peeled
 and thinly sliced

2 boiled eggs, halved and sliced
 100g frozen north Atlantic
 prawns, defrosted
 sliced radishes, dill sprigs and
 cress, to garnish

1 Trim the crusts from the bread if you like and cut each slice into smaller pieces. Spread each slice with butter and lay out on a board.
2 Mix 2 tbsp mayonnaise with the cucumber relish and spread over a quarter of the buttered bread slices. Arrange the ham and the radishes

over the top. Spread the cream cheese over another quarter and arrange the cucumber and dill on top. Mash the egg with 2 tbsp mayonnaise and spread over another quarter, then top with the cress. Mix the prawns with the remaining mayonnaise and spoon over the remaining bread slices, then grind over a little black pepper. Add a garnish of dill, if you like.

PER SERVING (24) 120 kcals • fat 9g • saturates 2g •
 carbs 6g • sugars 1g • fibre 1g • protein 3g • salt 0.4g



Peach iced tea

On a warm day, why not drink iced tea rather than standard hot? This recipe also works with raspberries instead of peaches.

SERVES 8 **PREP** 10 mins plus
1 hr infusing and chilling
COOK 5 mins **EASY**

200g granulated sugar
5 ripe peaches, 4 stoned and
chopped, 1 sliced to serve
4 teabags

1 Tip the sugar into a pan with 250ml water. Bring to the boil slowly, ensuring the sugar is fully dissolved. Add the chopped peaches and cook until very soft. Remove from the heat, mash the peaches with a fork, and leave to infuse for 1 hr.

2 Sieve the syrup through a fine sieve into a jug, mashing the fruit to release all the liquid. *The syrup will keep in the fridge for one week.*

3 Put the teabags in a large heatproof jug and pour over 2 litres boiling water. Leave to steep for 4 mins, then carefully remove the teabags. Leave to cool, then transfer to the fridge until chilled.

4 Stir the peach syrup into the iced tea with some ice, or pour a little of the syrup into tall glasses and top up with the tea. Add peach slices to serve.

GOOD TO KNOW vegan • low fat • gluten free
PER SERVING 117 kcs • fat none • saturates none
• carbs 28g • sugars 28g • fibre 1g • protein 0.4g • salt none



Mini quiches

MAKES 18-20 **PREP** 30 mins
plus chilling **COOK** 50 mins
MORE EFFORT ✨

300g shortcrust pastry
plain flour, for dusting
4 rashers back bacon, fat
trimmed, chopped
oil, for frying
100g gruyère cheese, grated
2 medium eggs
125ml double cream
You will need
10-20 mini tartlet tins

1 Roll the pastry out onto a lightly floured work surface until very thin. Cut out circles that are 1cm larger in diameter than the tartlet tins. Line the tins with the pastry circles (you may need to bake these in batches if you do not have enough tins) pressing into the edges and up the sides. Re-roll any pastry offcuts until you've lined all the tins, then chill for 30 mins (if you're baking in batches, chill the off-cuts too). **2** Heat the oven to 200C/180C fan/gas 6. Line each pastry case with a piece of foil and fill with baking beans or uncooked rice. Bake for

10 mins, then lift out the foil and beans and bake for another 5 mins. Meanwhile, fry the bacon in a little oil until crisp.

3 Divide the bacon and half the cheese between the cases. Beat the eggs and cream together, then pour over the bacon and cheese until the cases are almost full. Scatter over the remaining cheese. Bake for 20-25 mins until golden and puffed up. Leave to cool, then chill before serving. *Can be made a day ahead.*

PER SERVING (20) 138 kcal • fat 11g • saturates 5g
• carbs 6g • sugars 0.2g • fibre 0.5g • protein 4g • salt 0.3g



Raspberry & pistachio tea cake

SERVES 20 **PREP 20 mins**
COOK 55 mins **EASY V**

150g shelled pistachios
275g golden caster sugar
250g butter, softened
3 eggs
275g self-raising flour
75g Greek yogurt
a little milk, if needed
sugar flowers, pearl sugar or
sprinkles, to decorate (optional)

For the raspberry icing

150g raspberries
300g icing sugar

1 Heat the oven to 180C/160C fan/gas 4 and line a 15 x 25cm cake tin. Put the pistachios in a food processor with half the sugar and blitz until the nuts are finely chopped. Tip into a bowl, add the remaining sugar and the butter and beat with an electric whisk until creamy. Add the eggs one at a time, then beat in the flour and yogurt until smooth, adding some milk if it's too thick.
2 Spoon the batter into the tin, level and bake for 50-55 mins, or until a skewer inserted into the middle comes out clean. Leave to cool in the tin for 15 mins, then turn the cake out onto a board.

Remove and discard the baking parchment, then leave to cool completely. Cut into neat squares.

3 To make the icing, put the raspberries in a pan with 2 tbsp water and cook briefly until soft and juicy. Push the mixture through a sieve and discard any pips. Whisk in the sugar until you have a smooth pink icing.

4 Pour the icing over the cooled cake, then decorate with the sugar flowers, pearl sugar or sprinkles, if you like. Leave to set before serving.

PER SERVING 319 kcals • fat 15g • saturates 7g
• carbs 41g • sugars 30g • fibre 2g • protein 4g • salt 0.4g



ONE FOR THE CAKE TIN

Stuffed cookie sandwiches

How do you make chocolate chip cookies even better? Stuff them with more chocolate!

recipe ESTHER CLARK *photographs* MIKE ENGLISH



Hazelnut & chocolate cookie sandwiches

MAKES 12 **PREP** 20 mins plus cooling

COOK 12 mins **EASY** **V**

* cookie dough only

120g unsalted butter, softened
100g light brown soft sugar
75g golden caster sugar
½ tsp fine sea salt
1 medium egg, lightly beaten
1 tsp vanilla extract
200g plain flour
¼ tsp bicarbonate of soda
100g milk chocolate, roughly chopped
70g skinless hazelnuts, roughly
chopped and toasted
120g chocolate hazelnut spread

1 Heat the oven to 200C/180C fan/gas 4. Line two baking sheets with baking parchment and set aside.

2 Cream the butter with both sugars in a large mixing bowl using an electric whisk, then beat in the salt, egg and vanilla. Stir in the flour, bicarbonate of soda, chocolate and hazelnuts using a wooden spoon until well combined.

3 Scoop the dough onto the baking sheets in 24 heaps, well spaced apart. Bake for 10-12 mins or until lightly golden at the edges. Remove from the oven and allow to cool completely on the baking sheets. Spread 1 tsp of chocolate spread on the bottoms of half the cookies, then sandwich with the other halves. *Will keep in a cake tin or airtight container for up to five days.*

PER SANDWICH 336 kcs • fat 18g • saturates 8g • carbs 37g • sugars 24g • fibre 2g • protein 4g • salt 0.5g





10 years of celebrating the best in hospitality and dining

The BBC Good Food Middle East Magazine Awards are back for the tenth year to celebrate the best in food from across the region, as voted for by you.

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For a chance to win an amazing six-night stay with Villas by Taru in Sri Lanka worth DHS20,000, all you need to do is visit bbcgoodfoodme.com/awards and hit the 'share' button after you have cast your votes!



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health

Delicious recipes and top tips for staying in shape



family

■ meat-free meals, page 70



■ Health news, page 68

health news

Health news covering everything from ingredients and dishes to advice and new products and restaurants to try



Ready-to-blend smoothie line to try

Short of time? In a hurry? Want to fuel your body with clean ingredients? Well, The Daily Prep Co is here to help. The Daily Prep Co has developed eight new different flavoured pre-portioned and flash frozen smoothie mixes, made from real fruit, veggies, nuts, grains and seeds and no added sugar.

The ready-to-blend smoothies are delivered to your door frozen, allowing you to prep and consume at your convenience. All you need to do is remove the frozen smoothie cup from your freezer, add your favourite milk or water to the cup, mix everything in your blender, place back into the cup and you are good to go.

The eight available flavours include PB&J, Rose Beet, Chia Chai, Pineapple Lime, Berry Crumble, Golden Mylk, Tropical Green, Hazelnut Mocha and Mint Cacao. Each smoothie is Dhs29 individually, or they can be purchased in a box size of 2, 4, 6 or 8.

For more information, call 056 7285302 or visit thedailyprepco.com.



New vegan products available through Kibsons

Online food delivery company, Kibsons has introduced new items to its vegan category and are now available for purchase through kibsons.com. Veganism is becoming an increasingly popular lifestyle, not only does it help the environment, but it also comes with great long-term health benefits - we will all be thanking our younger selves in the future for incorporating the healthier regime.

New items include Deliciously Ella's Nut Butter Balls (Dhs9 per packet), which are made by blending almonds, cocoa and dates to make chocolatey balls, filled with a creamy, nut butter centre - making them the perfect afternoon snack. Priced at Dhs20 per packet, Oumph! The Chunk is a new plant-based food that is made from soya protein, extracted from Non-GMO, sustainably sourced soya beans.

Made using traditional age-old methods by

fermenting organic coconut milk with live, vegan kefir cultures to produce a delicious rich and creamy kefir brimming with billions of live active cultures, Coconut Kefir Milk is also now available, priced at Dhs20.50 per carton.

Nush Almond Milk Yogurt (Dhs12.75) is a new almond milk yogurt produced using Sicilian almonds, that provide a smooth and creamy mouth feel. And lastly, Fresh Pretzels (Dhs10.50 per pack), is a newcomer made to the highest German standards using flour with lye and sold in packs of two. Each vegan pretzel is handcrafted using a long-fermented sourdough and is free baked by the Kibsons passionate team. All breads are handcrafted using traditional methods and are completely free of chemicals, preservatives colourants and sugar. For more information, visit kibsons.com or call +971 800 5427667.



BiOrganic store opens at Times Square Centre

Offering organic produce and groceries, BiOrganic has launched its latest store at Times Square Centre in Dubai.

BiOrganic offers handpicked natural and healthy products at affordable prices. The colour-coded layout within the store is methodologically spaced out for the ease of shopping, allowing the best in-store experience. Located on the ground floor, the new store stocks savoury ingredients, delicious condiments, fresh fruits and vegetables along with an assorted selection of grains, poultry, fish, pastas and much more that are BiOrganic certified.

Commenting on the opening, Nancy Nese Ozbek, General Manager at Times Square Center, said: "As a mall we support healthy living and our tenant mix showcases our proposition. With the launch of BiOrganic, the focus is to help our customers with 'Real Food for Real Life' by putting fresh food on the table that they can feel good about. This is in line with our upcoming announcements for this year."

Marks & Spencer adds new items to its vegan-friendly range



When Marks & Spencer launched its first ever vegan-friendly line – Plant Kitchen

earlier this year, which included products like Cauliflower Popcorn, Tikka Masala & Rice, Mushroom Pie, as well as Green Apple and Peanut Butter Dip, the range was a hit. Due to demand, the range has been increased to include a selection of new products, including hearty, Mexican-inspired vegan burgers to sausages, meat-free nuggets to falafel, dahl to stew, coleslaw to quinoa rice, wholegrain and Edamame to Moroccan style grains, as well as dairy-free milks.

From quick and easy family meals, to special occasions, customers can choose from the large range of high-quality products. While the Meat-Free Nuggets make a mid-week meal, served with Vegan Coleslaw and fries – a great option for kids, the Lentil & Beetroot Sweetcorn Burgers, Chickpea Burgers, Roasted Mushroom & Red Onion Sausages and Sweet Potato & Red Pepper Sausages are perfect for a BBQ in the cooler months. For those looking for a quick healthy snack, the Sweet Potato Falafel, complemented with a creamy cashew nut and cannellini dip is also a great option.

The new Marks & Spencer Plant Kitchen range is now available in Marks & Spencer Foodhalls in Dubai, including Dubai Festival City Mall, Marina Walk, Ibn Battuta, The Springs Souk and Mall of the Emirates.

New 'Bike & Burn' class at PowerCycle



PowerCycle in JLT, Dubai is the newest spin studio to hit the scene, and the studio has now

introduced a new class to its weekly schedule. Welcome to Bike & Burn, a 30-minute spin class, followed by a 30-minute HIIT session, at the cost of just one class, meaning you get two classes for the price of one. The coaches are super passionate about the balance of strength training and spin sessions so this class is perfect for those looking for a full body workout. The first class is free. Cost per class is Dh\$115 and there are monthly packages available from Dh\$1,100. Power Cycle is also available on Class Pass. Located in JLT cluster W, the special double class takes place every Monday & Wednesday at 7.15pm, and Saturday at 10am. Call 04-2944989.

7 workouts to suit your mood

How you're feeling can have a big impact on how you workout, from increasing the amount of effort you put in to making you skip a session altogether. It's important to listen to your emotions before doing any kind of exercise. Feeling angry or excited causes your body to release adrenaline that can give you a natural boost during cardio or high intensity workouts, while feelings of stress or anxiety are better suited to low impact, more mindful exercises like yoga or swimming. Once you recognise and define how you're feeling you can then channel this into something positive and select the best workout session to suit your mood.

Here are seven workouts routines that can be matched to our most common daily moods, as recommended by Fitness First:

ENERGISED

Try boxing or body combat

While a boxing class can seem intimidating at first, the experience can be therapeutic. Not only does boxing provide you with an opportunity to release your emotions, it can also help increase your body's endorphin production, which are natural 'feel-good' hormones. Boxing and combat classes are both great ways to relieve anger or stress while also strengthening your entire body in the process.

BALANCED

Try low intensity cardio

If you feel your energy is balanced, the most important thing to do to keep it that way is to stick to your exercise routine. So instead of pounding away on the treadmill, opt for a low intensity cardio workout and head to the stationary bike. Choose a tension level you feel is right for you and simply spin it out. Your body will reap the health benefits even from a less intense workout.

HARMONIZED

Try yoga or a mind, body & soul class

If you need to feel harmonious and calm, these simple yoga class poses can help you cool down and find your inner zen:

- **The Bridge Pose** – The Bridge Pose offers incredible benefits for the mind, body and spirit. It can be done with a range of modifications and variations, making it perfect for beginners or avid yogis.
- **Extended Puppy Pose** – A cross between Child's Pose and Downward-Facing Dog, the Extended Puppy Pose lengthens the spine and calms the mind.
- **Standing Forward Bend** – Not only does this pose rejuvenate the body, it also enables blood circulation in your head, giving your cells a rush of energizing oxygen.



- **Salutation Seal** – In addition to a sense of opening your heart, this pose also has a calming effect on the mind and reduces stress and anxiety.

FUN

Try Zumba or a dance class

Studies have shown that we get a bigger release of endorphins when we dance compared to other forms of exercise. Dancing prompts an emotional release, often happiness, and also improves spatial awareness and raises the heart rate causing a release of feel-good endorphins into the bloodstream.

HAPPINESS

Try Zumba, belly dancing or cycling

Cycling is the perfect exercise to bring out a feeling of greater self-esteem, self-control and the ability to rise to a challenge. When you cycle outdoors your mind is more likely to be occupied by your surroundings rather than any negative thoughts. Cycling is also a low-impact exercise, making it easier on your joints compared to aerobic activities like running.

EXCITED

Try jump, TUFF and body attack

If you're feeling overly excited then try a jump, TUFF or body attack class to channel all your positive energy. Body attack allows you to train really hard during peak tracks and intervals. You can jump and push yourself through burpees or raise your knees to your chest during high knee runs. Your positivity energy will ensure you push yourself to the max.

PEACEFUL

Try mind body & soul, yoga or swimming

Swimming stimulates mood-boosting hormones, it also allows you to clear your mind and find perspective on your day. If you're in need of a serious wind down, then swimming is key.

For more information, visit uae.fitnessfirstme.com



family

MEAT-FREE MEALS

Whether you're vegetarian or simply want to eat less meat each week, these recipes will suit kids and grown-ups

recipes LULU GRIMES *photographs* WILL HEAP





Egg fried noodles

SERVES 4 **PREP** 5 mins

COOK 15 mins **EASY** **V**

300g white button mushrooms,
sliced

2 tbsp olive oil

½ tsp smoked paprika

2 tsp soy sauce

250g dried egg noodles

1 head broccoli, broken into small
florets

50g frozen peas

3 egg yolks (use the whites as well, if
you prefer, or freeze them to make
meringues with later)

2 spring onions, sliced on an angle

1 Gently fry the mushrooms in the oil until soft, then add the paprika and plenty of seasoning and keep frying until they are browned. Stir in the soy sauce.

2 Cook the noodles following pack instructions. Meanwhile, cook the broccoli in simmering water for 3 mins, or steam it if you prefer.

3 Put the mushrooms, broccoli and peas in a bowl with the egg. Add the noodles with some of the water still clinging to them, then drain the pan. Tip everything from the bowl back into the pan and stir to heat through. Make sure the egg is thoroughly cooked before serving, then scatter over the spring onion.

GOOD TO KNOW low cal • folate • fibre • vit c •
2 of 5-a-day

PER SERVING 395 kcs • fat 12g • saturates 2g •
carbs 51g • sugars 3g • fibre 8g • protein 17g • salt 0.9g



Spinach ball lasagne

SERVES 6 **PREP** 20 mins plus 30 mins chilling **COOK** 45 mins **EASY** **V** *****

300g frozen spinach, defrosted and squeezed dry
 2 tbsp butter
 1 whole nutmeg, for grating
 1 garlic clove, crushed
 100g fresh white breadcrumbs
 50g vegetarian hard cheese, grated, plus a little more for the top
 1 egg, lightly beaten
 2 tbsp oil
 130g vegetarian pesto
 6 dried lasagne sheets
 basil leaves, to garnish (optional)
For the white sauce
 50g butter
 50g plain flour
 500ml milk

1 First, make the white sauce. Melt the butter in a saucepan, then add the plain flour. Stir continuously until a paste forms and continue cooking for 2 mins. Add the milk to the roux gradually, stirring as you go, until you get a smooth sauce. Keep cooking for 5-10 mins more, stirring continuously, until the sauce has thickened. Leave to cool.

2 To make the spinach balls, cook the spinach in the butter until it is warmed through, then stir in a grating of nutmeg and the garlic. Fry for a minute, then stir in the breadcrumbs and cheese. Tip into a dish and stir in the egg to form a stiff paste. Wet your hands and roll about 18 spoonfuls of the mixture into balls. Put them on a baking tray and chill for 30 mins.
3 Heat oven to 190C/170C fan/gas 5. Fry the spinach balls in batches in the oil until lightly browned. Spoon some white sauce into the base of a medium baking dish and tip in six spinach balls. Drizzle over 2 tsp pesto, then place half the lasagne sheets on top, overlapping, add more white sauce, six more spinach balls, then a little more pesto. Place the remaining lasagne sheets on top, cover with white sauce, then dot over the last six spinach balls. Drizzle over more pesto and scatter over the remaining cheese. Bake for 30 mins or until the lasagne sheets are cooked through. Scatter over some basil leaves, if you like.

GOOD TO KNOW calcium
PER SERVING 562 kcs • fat 32g • saturates 12g • carbs 49g • sugars 6g • fibre 5g • protein 17g • salt 1.3g

gf tip
 Make dinner even quicker by buying a carton of white sauce.

Veggie fajitas

SERVES 4 **PREP** 5 mins
COOK 10 mins **EASY** **V** *****

400g can black beans, drained
 small bunch coriander, finely chopped
 4 large or 8-12 small flour tortillas
 1 avocado, sliced, or 1 small tub guacamole
 2 tbsp soured cream
For the fajita mix
 1 red and 1 yellow pepper, cut into strips
 1 tbsp oil
 1 red onion, cut into thin wedges
 1 garlic clove, crushed
 ½ tsp chilli powder
 ½ tsp smoked paprika
 ½ tsp ground cumin
 1 lime, juiced

1 To make the fajita mix, take two or three strips from each colour of pepper and finely chop them. Set aside. Heat the oil in a frying pan and fry the remaining peppers and onion until soft and starting to brown at the edges. Cool slightly and mix in the chopped raw peppers. Add the garlic and cook for 1 min, then add the spices and stir. Cook for a couple of mins more until the spices become aromatic, then add half the lime juice and season. Transfer to a dish, leaving any juices behind, and keep warm.
2 Tip the black beans into the same pan with the remaining lime juice and plenty of seasoning. Stir the beans around the pan to warm them through and help them absorb any flavours of the fajita mix, then stir through the coriander.
3 Warm the tortillas in a microwave or in a low oven, then wrap them so they don't dry out. Serve the tortillas with the fajita mix, beans, avocado and soured cream for everyone to help themselves.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 463 kcs • fat 19g • saturates 6g • carbs 55g • sugars 8g • fibre 11g • protein 12g • salt 1.6g

gf tip
 If you have smaller children you could serve these in bowl-shaped tortillas that are easier to hold (see right).



Roast cauliflower cheese pizza

For a wholesome family meal, serve with plenty of salad.

SERVES 4 **PREP 5 mins**

COOK 1 hr 10 mins **EASY** **V**

1 tbsp oil
1 garlic clove, crushed
1 large cauliflower, trimmed and broken into small florets, stalk chopped
4 tbsp mascarpone
1 thin 25cm pizza base, or 2 small pizza bases
50g vegetarian hard cheese

1 Heat oven to 200C/180C fan/gas 6. Mix the oil and garlic and toss the cauliflower in it. Tip onto a baking sheet and roast for 30–45 mins until the edges have browned a little and the cauliflower is tender.

2 Spread half the mascarpone on the pizza base (or bases) and season well. Tip on the cauliflower and dot over the remaining mascarpone, then sprinkle with the cheese. Bake for 20 mins, then cool for 5 mins before serving.

GOOD TO KNOW vit c • 1 of 5-a-day

PER SERVING 438 kcals • fat 23g • saturates 12g
• carbs 42g • sugars 6g • fibre 4g • protein 14g • salt 0.9g





Veggie Bolognese

You can buy soffrito at many supermarkets; it's a mix of onion, carrot and celery and very useful if you always end up chucking away the last few sticks of celery.

SERVES 4 **PREP 10 mins**
COOK 1 hr **EASY** **V**

2 tbsp olive oil
1 medium onion, finely chopped
2 carrots, very finely chopped
2 celery sticks, very finely chopped
1 garlic clove, crushed
350g frozen Quorn mince
1 bay leaf
500ml passata
1 good-quality vegetable stock cube
100ml milk
small bunch basil, chopped
600g cooked spaghetti or other pasta shape (about 250g dried)
vegetarian hard cheese, to serve

1 Heat the oil in a saucepan and gently fry the onion, carrots and celery until the onion is starting to soften. Stir in the garlic and the Quorn (there's no need to defrost it) and fry for a couple of mins. Add the bay leaf, passata, vegetable stock cube and 200ml water, then bring everything to the boil.

2 Turn down the heat and simmer for 30 mins or until all the pieces of veg are tender and disappearing into the tomato sauce. Add the milk, then cover with a lid and cook for 10 mins. Taste and season to taste. If the sauce is a bit thin, then keep bubbling until it thickens, then stir through the basil. Serve with spaghetti, with the cheese grated over, if you like. *Can be frozen into portions and reheated.*

GOOD TO KNOW low fat • low cal • fibre • 2 of 5-a-day
PER SERVING 453 kcals • fat 10g • saturates 2g • carbs 62g • sugars 13g • fibre 11g • protein 24g • salt 1.1g

Butternut korma with mini naans

Enhance a shop-bought curry paste with fresh ingredients to make this crowd-pleasing korma.

SERVES 2-4 **PREP 10 mins**
COOK 40 mins **EASY** **V**

1 butternut squash, peeled, deseeded and cut into cubes (you should end up with about 700g prepared squash)
1 tbsp rapeseed oil
1 onion, chopped
2 garlic cloves, crushed
3cm piece ginger, grated
½ jar korma paste (about 100g)
50g ground almonds
450ml vegetable stock
150ml single cream
toasted flaked almonds, cooked rice and mini naans, to serve

1 Heat the oven to 180C/200C fan/gas 4. Toss the squash in the oil and roast for 30 mins until the cubes are browned at the edges.

2 Put the onion, garlic cloves and ginger in a food processor and blitz to a paste. Tip into a large high-sided frying pan with 3 tbsp water and cook for 5 mins. Add the korma paste and cook for a further 2 mins



until aromatic. Add the almonds and stock and bring to a simmer.

3 Add the butternut squash and simmer for 10 mins, then stir in the cream and season. Scatter over the flaked almonds and serve with rice and mini naans.

GOOD TO KNOW fibre • iron • 1 of 5-a-day
PER SERVING (4) 341 kcals • fat 23g • saturates 5g • carbs 22g • sugars 14g • fibre 7g • protein 8g • salt 1.3g

Good to Know
information is based on the nutritional needs of an average, moderately active woman, but other family members will have different needs so adjust portion sizes accordingly. Get advice on feeding a family at nutrition.org.uk/nutritionscience/lifeorbbcgoodfood.com/balanceddiet.



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GOURMET LIFESTYLE



Budget Cuba, p82



**BOOST YOUR
cooking skills, p85**



**CLEANSING IN
PHUKET, p78**

A full-page background image featuring a vibrant sunset sky with orange, pink, and purple clouds. Below the sky, a calm body of water reflects the light, with a dark, silhouetted shoreline and distant mountains. In the foreground, the dark, tiled roof of a traditional building is visible, partially obscured by green foliage.

CLEANSING IN PHUKET

From probiotic drinks to raw superfood grain-free crackers, this intimate wellness resort in Thailand has been creating it all – and now they're inviting guests into the kitchen with a new retreat.

By **Danae Mercer**





Melanie Procter, co-founder of Phuket Cleanse



Phuket Cleanse isn't a place for a starvation diet. It's not one of those detoxes where you sip water during the day and have maybe, just maybe, a bit of coconut at night. They don't feed you only elixirs made with mud and salads with three chickpeas served alongside a tiny sliver of carrot.

Here at this intimate retreat in Rawai, Phuket, food is a focus. Three meals a day are served communal style, with guests invited to help themselves then sit at a long, shared table. At breakfast, fresh fruits are offered beside coconut chia seed pudding and vegan egg omelettes. Lunches and dinners focus strongly on vegetables, offering up some combination of high fat, low carb, low sugar, mostly raw salads. Sometimes

there are protein bread crackers or pretend sushi (without fish, without rice) or faux burgers made from mushrooms. On very special occasions, there's a raw vegan cake, something rich and decadent but chopped into tiny portions.

All this means Phuket Cleanse has plenty of food – yet most guests still end up losing weight.

Part of that is linked to the simple low calorie, nutrient dense nature of the dishes served. Part of it is tied to the wealth of physical exercise (Phuket Cleanse offers over eight hours of fitness a day for those who want it, spanning everything from yoga to Thai boxing.). And part of it, explains Phuket Cleanse co-founder Melanie Procter, is tied to gut health.

"Since we launched years ago, we are seeing that more people are dealing with gut issues. Almost everyone, especially women," she says. Blond, smiling, Mel founded Phuket Cleanse with her husband, Stanton Procter. As she talks, she sits in one of the resort's swinging hammock chairs, sipping a turmeric and ginger juice just freshly made.

“The focus of the cooking retreat is on teaching guests how to create things that are healthy but simple through balancing flavour profiles”

Tropical palms create the shade overhead.

"So now you're seeing a movement toward gluten free food, or dairy free, or food that quite often is bland because chefs are trying not to cause food sensitivities in trying to make things delicious."

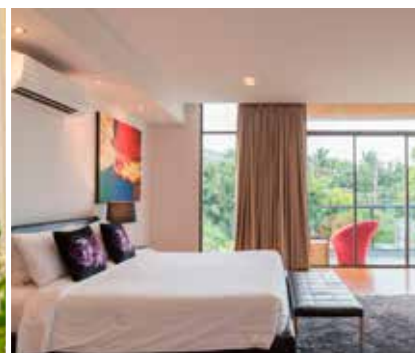
Yet healthy doesn't need to mean flavourless, stresses Mel. It's just about knowing how to mix flavours and spices and add in the right ingredients.

"A lot of our current program is around creating food that helps repopulate the gut with healthy bacteria. So we look at gluten free foods that don't destroy the gut, or working with beans and nuts in a way that doesn't flare up digestive issues," she continues.

"People want food that avoids making them sick, while also using food as medicine. That's a lot to ask."

To this end, Phuket Cleanse offers its regular guests daily cooking classes. As there's no set duration of time for a visit (travellers come anywhere from two-nights to three-months), the schedule is constantly varied. Workouts,





“
Since we launched years ago, we are seeing that more people are dealing with gut issues. Almost everyone, especially women
”

something takes more than 10-minutes to make, I won't make it,” says Mel. It's the same for most people, she continues. “In the Thai class, we spend the first 15-minutes talking about the basic principles of cooking, like how to balance the fire, the spice. Then we set you free to create your own thing that's healthy. It's daunting but doable.”

Classes might focus on raw probiotic superfood chocolate or vegan pad Thai or mushroom nut faux-meatballs. During cooking sessions, guests work at individual burners while the instructors offer advice. Recipes are present, but not a requirement. When the cooking is done, there's often time for lunch or breakfast. And of course, stresses Mel, there's still the freedom to sunbathe, workout, or simply unwind in the retreat's Thai-inspired rooms.

“I want people to learn to cook without recipes,” says Mel. “It's about putting the basics down and mastering the flavors.”

The result is something that works like the rest of Phuket Cleanse; it's loose, familial, friendly and unexpected, all while being gut and health focused.

Here, guests can bake up their own dairy-free sugar-free cake — and they can eat it too.

lectures, activities, massages, meditations and more are all on offer, with guests choosing what they want from within those things.

Only now, Phuket Cleanse has launched a special series of 'retreats within retreats', all focused on cooking. These 11-night retreats will involve at least three cooking classes a day, spanning multiple experts within

the company, including Mel.

“The idea is that we are using my background. For 20-years, I worked as a teacher trainer. So it's using that in teaching people in the kitchen. Plus everything we've done here.”

The focus of the cooking retreat is on teaching guests how to create things that are healthy but simple through balancing flavour profiles. “If

For more information on Phuket Cleanse and its cooking retreats, visit phuketcleanse.com.



Budget Cuba

A creative food scene has emerged in Cuba since the beautiful island opened up to private investment and US tourism. Get ready to indulge in fresh lobster, perfectly cooked steak and ridiculously good piña colodas without breaking the bank

words LYDIA SWINSOE

One morning in Havana is all it takes to understand why Cuba is on the rise as a travel hotspot. A first taste of the Cuban capital reveals hot pink vintage cars grumbling along sun-kissed streets and a host of exotic aromas – plus it's acceptable, if not encouraged, to have a shot of rum in your morning coffee. What's not to love?

Until quite recently, this colourful Caribbean island was far from renowned for its food. But since the economic reforms of 2011, the restaurant scene has flourished, with displays of extreme creativity and skill. Now is the time to visit, to get a taste of both the traditional and the newly emerging era – and the dining options are almost endless.

You can spend as little or as much as you want in Cuba, whether you're exploring the UNESCO World Heritage Site of Trinidad, learning about the revolution in Santa Clara or horse riding through Viñales Valley. You'll get a feel for the country in two to three weeks, but you could easily spend longer there – Cuba, like its food, is addictive.

WHERE TO EAT AND DRINK

La Guarida, Havana One of the most elegant places to eat in the capital, with some of the best views too. This restaurant and rooftop bar is in an atmospheric old-style building and ticks all the boxes for holiday eating. The beef carpaccio,



A Havana street



La Guarida

marlin tacos and lobster risotto will leave you wanting more. Book ahead, as this place gets busy. As La Guarida is one of Havana's higher-end restaurants, dishes range from Dhs35 - 90. laguarida.com

Café Laurent, Havana Housed in a 1950s apartment block, this no-sign gem of a restaurant is the perfect place to sip an ice-cold daiquiri while watching the sunset. The food is great too, especially the *ropa vieja* (Cuba's national dish of shredded beef), blue marlin in house sauce and lobster stew with sweet potato. Starters from Dhs13, mains range from Dhs31 - 67 (for lobster). facebook.com/restaurantepaladarcafelaurenthabana

Guitarra Mia, Trinidad A great restaurant with a musical theme (check out the guitar-shaped bread!). The fish dishes are enormous and noticeably cheaper than those in the centre of the town – you can expect to pay around Dhs26 for the fish of the day served with rice and vegetables. Jesús Menéndez no 19; 0053 41 99 34 52

Ay Mama, Santa Clara This tiny, pastel-coloured, no-frills joint is the real deal when it comes to hearty, low-cost Cuban food – and there's not a tourist in sight. A large plate of garlic and lemon prawns, salad, plantain fries and a piña colada will cost around Dhs26, and the rum coffee is a steal at just Dhs2. facebook.com/aymamacafe

Varadero 60, Varadero For solomillo (steak), lobster and the most attentive waiters in the whole of Cuba, this 60s-themed restaurant near Varadero beach is the place to visit. Live piano music plays throughout the evenings, the waiters dish out roses to happy customers and it won't cost much more than Dhs90 for two courses of really good food. facebook.com/varadero60

LOCAL KNOWLEDGE

If you're staying at a basic hotel or *casa particular* (local house), ask an upmarket hotel if you can use the pool. Sometimes you pay a small amount, or buy something from the pool bar in return for a lounge for the day.

Always tip your waiter. Wages are low in Cuba, and a little extra money can go a long way. Take pens, books and clothes into schools if you want to help out beyond the restaurant table – it will always be appreciated.

WHERE TO STAY

Cuban accommodation is mainly based on staying at *casa particulares*. Rooms generally have a private bathroom or en suite, and are extremely clean. It may be out of your comfort zone but these B&B-style stays really do make a trip to Cuba. Learn about the country from your hosts, and ask for tips on what to do and where to eat. It also means your money goes to the community rather than international hotels.

Expect to pay Dhs67 - 157 per night; breakfast is often included or offered for a small charge. To find a room, just turn up and knock on any door with the blue *casa particular* sign. You can also pre-book rooms across Cuba at casaparticular.com.

5 CHEAP EATS

1 Breakfast in your *casa particular* will set you up for a day of exploring. If it's not included with your room, it'll cost no more than Dhs13, for which you'll be served fresh juice, coffee, a tropical fruit plate (with amazing mangos), eggs, bread, sometimes pancakes and maybe even a grilled cheese sandwich.

2 If you're in Havana at the weekend, don't miss a night out at Fábrica de Arte Cubano. This cultural centre in a converted factory is a hive of creativity, with art exhibitions, live music and wonderful food and drink. Grab a stamp card on the way in, order away and pay for what you've had on your way out. Open from 8pm Thursday to Sunday – get there early to avoid the queues. fac.cu

3 Not a cheap eat, but a must-try drink while in Trinidad – a *canchánchara* is a speciality cocktail made with rum, honey, lime and ice that is served in a small terracotta cup. To try the real deal, go to Taberna la Canchánchara at 90 Calle Real del Jigüe.

4 Cigars are famously embedded in Cuban culture, with tobacco being one of the main crops grown in the country. Make like Che Guevara and dip the end in honey before smoking – it's surprisingly flavoursome.

5 For a sugar rush, the cakes are a real treat at Havana's Pastelería Francesa by Parque Central. This is a great location to sit back, relax and engage in some people watching and vintage car spotting.



A piña colada bar



A churros street vendor



Café Laurent



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BOOST YOUR



cooking skills

Learn to be a better cook with our kitchen expert *Barney Desmazery*

HOW TO Butterfly a leg of lamb

If you're barbecuing meat for a crowd, nothing rises to the occasion more than a butterflied leg of lamb.



Find our barbecued Greek lamb with tzatziki recipe (pictured above) at bbcgoodfood.com



1 Lay the leg of lamb with the meatier side facing down. Locate the central bone, then use a sharp knife to cut from one end to the other until you hit the bone.



2 Cut underneath the bone and around the hip joint until you are able to lift it out. You can now open the leg to resemble a pair of butterfly wings.



3 Make slashes through the thicker parts of the meat to open the leg out further. This will allow the meat to cook evenly. Remove any tendons or large pieces of fat.



4 Bash the meat with a rolling pin to flatten it slightly and ensure that it's an even thickness throughout. The lamb is now ready to cook.

NEXT LEVEL Ratatouille

photograph TOBY SCOTT

SERVES 6 **PREP** 20 mins **COOK** 2 hrs

V *

WHAT

Forget ratatouille's retro reputation and its finely chopped guise in the world of 'fine dining'. We're bringing it back to its humble, rustic beginnings, as a selection of seasonal vegetables all slow-cooked together to play a role in a dish that truly celebrates summer – and one that transcends food fashion.

HOW

Forget introducing the cooked vegetables to each other at the end, this recipe is from the slow-cooked, sticky sauced school of ratatouille, deep in flavour and rich with olive oil, all helped along by a bit of clever seasoning.

WHAT TO BUY

3 red peppers, each quartered and deseeded
handful basil, leaves and stalks separated
large thyme sprig
2 tbsp olive oil, plus extra for frying and drizzling
2 courgettes (different colours are good), roughly chopped
1 aubergine, chopped into large chunks
1 red onion, roughly chopped
4 garlic cloves, sliced
pinch sugar
1 tbsp red wine vinegar
2 x 400g cans cherry tomatoes
1 tbsp extra virgin olive oil
griddled sourdough, to serve

EXTRA OLIVE OIL

Olive oil adds richness and sheen to the dish and it's pointless skimping on it. When you are frying the vegetables, make sure there is always a layer of oil in the pan, adding more if needed. Stirring through extra virgin olive oil at the end will take the dish to the next level.

BURNT PEPPERS

Pepper skins are indigestible and burning them peels the peppers as well as adding a smoky flavour to the finished ratatouille. You'll also get a richly flavoured juice from the cooling peppers, adding depth to the sauce.

BASIL STALKS

Basil is the best soft herb for ratatouille but as well as the fresh leaves at the end, we've added flavour in the base of the sauce by infusing the stalks into it as it cooks.

OBLIQUE CUT

To add a bit of interest there is no need to chop the vegetables in a uniform dice. I roughly chop them at an angle into different sizes.

SLICED GARLIC

Finely sliced garlic is better in tomato-based sauces than finely chopped. When it's finely sliced it's less dominant and doesn't permeate the whole dish with a strong garlic flavour.

HOW TO MAKE IT

1 Heat the grill to high. Lay the pepper quarters skin-side up on a baking tray and grill until the skins are black and charred. Tip into a bowl, cover and leave to cool. Peel the charred skin off the peppers, then cut into strips, and toss back in the juices collected in the bowl. Tie the basil stalks and thyme sprig together using kitchen string and set aside.

2 Heat the oven to 160C/140C fan/gas 4. Heat the olive oil in a flameproof casserole dish and fry the courgettes and aubergine for 15 mins until nicely browned. You may need to do this in batches, adding more oil to the pan as needed so the pan is never dry.

3 Scoop the veg out of the pan and set aside. Add a drizzle more oil, tip in the onion and cook for another 15 mins until softened and starting to brown. Add the garlic and leave to sizzle for a moment. Scatter with sugar, then leave for a minute to caramelise and splash in the vinegar. Stir in the cooked vegetables along with the pepper juice, season generously, pour over the cans of tomatoes and bring everything to a simmer.

4 Nestle in the herbs, cover the dish and transfer to the oven for 1 hr. Remove the lid and give it another 30 mins until everything is cooked down and jammy. Leave the ratatouille to cool until just warm, then stir through most of the basil leaves and the extra virgin olive oil. Scatter with the rest of the basil and serve with griddled sourdough. It's also great with barbecued or roasted meat or fish.

GOOD TO KNOW vegan • healthy • fibre • vit c • 4 of 5-a-day • gluten free

PER SERVING 185 kJals • fat 12g • saturates 2g • carbs 13g • sugars 12g • fibre 6g • protein 4g • salt 0.03g

SWEET & SOUR

A pinch of sugar and splash of vinegar adds to the seasoning of the dish and amplifies the flavours. This works especially well for tomato-based sauces.

LOW & SLOW

To unify all the vegetables in ratatouille, get them soft enough, and make the base of the stew jammy rather than watery. The best way to cook it is slowly in a low oven.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

AN OPULENT FRIDAY FAMILY BRUNCH AT MOVENPICK HOTEL IBN BATTUTA GATE DUBAI! WORTH DHS600

Mövenpick Hotel Ibn Battuta Gate's Friday Family Brunch in Al Bahou is a dining

extravaganza like no other! Celebrate the first day of the weekend with a wide-range of exquisite dishes from the 5-star hotel's signature restaurants whilst jamming with a live band. The kids can enjoy a dedicated buffet of their own while burning off the excess energy with interactive activities from the Little Birds Club.



WIN!

A LATE BRUNCH EXPERIENCE FOR 2 AT GBR, DUKES THE PALM! WORTH DHS596

Starting on August 29, head to GBR at Dukes The Palm A Royal Hideaway Hotel, for a jazzy Late Brunch every Thursday from 6:30 pm – 11:00 pm



WIN!

DINNER FOR 2 AT KIZA RESTAURANT & LOUNGE! WORTH DHS500

KIZA, the first authentic African fine dining restaurant in Dubai, features Pan-African menu of popular dishes from across the continent.

Located in DIFC, KIZA is the perfect destination to experience Africa, discover the flavours from corners of the continent while enjoying sounds of Africa. From fragrant Chicken Brik and Couscous (Northern Africa), to "Rainbow Cuisine" of South Africa, to spicy stews of West Africa and the traditional meat dishes and soups of East Africa, every dish demonstrates the diversity of the continent's palate. African band and DJ punctuates the evening as you embark on your journey to experience distinctive flavours, rich, earthy textures and deep, spicy undertones. The chefs at KIZA play to the culinary senses while showcasing the best of their homelands' cuisines. KIZA is open daily for lunch and dinner.



WIN!

FRIDAY BRUNCH FOR 3 AT GALERIES LAFAYETTE LE GOURMET! WORTH DHS525

Ease into the weekend with a lavish and satisfying brunch at Galeries Lafayette Le Gourmet. Every Friday from 12:30 to 15:30.



WIN!

DINNER FOR 2 AT TORO TORO DUBAI! WORTH DHS500

Hailed as the city's favourite South American, Kitchen and Bar, the award-winning team behind Toro Toro is giving away one lucky winner a mouth-watering dinner for two from the a la carte menu inclusive of a

bottle of house wine. With an all-rounder menu featuring delicious guacamole, succulent cuts and mouth-watering mains, there is something for everyone at Toro Toro Dubai.



WIN!

A DINING VOUCHER TO SPEND AT SEVEN SANDS! WORTH DHS500

Welcome to Seven Sands. A gastronomic pleasure inspired by the rich culture and history of the Emirates. Since the beginning of time, food and eating has taken its

place as the central activity of all of mankind and one of the most significant trademarks of any culture. This month, Seven Sands' invite you to be among the first to sample a delicious range of new dishes which offer a different perspective on local cuisine, from a creative fusion of authentic flavours and the best local produce to modern presentations and cooking techniques. At Seven Sands, food is never only about satisfying the appetite. It's about sharing, about honesty, and above all, it's about identity.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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